

Get your girl dinner on with these 50 easy, tasty ideas!

Berries + Yogurt + Granola



Quick & Easy



50

Lettuce + Chicken + Peppers



Healthy

Apples + Crackers + Peanut Butter



Delicious

Toast + Avocado + Eggs



Filling



Kid-Friendly



On-The-Go



Budget-Friendly

Girl Dinner Ideas

For more ideas, visit: www.TheGraciousPantry.com

50 Girl Dinner Ideas

Girl dinner should be quick and simple to put together all while staying healthy and delicious. Here are some ideas to get you started.

Veggie Plate With Hummus

Carrot sticks, cucumber slices, cherry tomatoes, and a scoop of hummus for dipping is always a great meal at home or on the go. Add a piece of fruit or toast to round out the meal.

Fruit & Nut Mix

Sliced apple, almonds, and a few fresh berries on a plate are a light and delicious end to the day. Add a hard-boiled egg if you want some protein.

Avocado Toast With Extras

Whole-grain toast with mashed avocado, a sprinkle of seeds, and cherry tomato slices is a fast and easy meal any time of day. You can get creative with the toppings depending on what you have on hand. Avocado toast is never a bad idea.

Mini Salad Bowl

A simple salad with mixed greens, cucumbers, shredded carrots, and a drizzle of olive oil and vinegar with some salt and pepper. Add some hard-boiled eggs for protein, or add some canned tuna.

Rice Cake With Nut Butter

A brown rice cake topped with almond or peanut butter, sliced banana, and a sprinkle of chia seeds.

Greek Yogurt Bowl

Plain Greek yogurt topped with sliced strawberries, a handful of nuts, and a drizzle of honey.

Chickpea & Veggie Combo

Roasted chickpeas with bell pepper strips and cucumber slices. Some rotisserie chicken you pick up on the way home after work is a perfect and easy compliment to this.

Turkey & Veggie Roll-Ups

Turkey slices rolled with sliced bell peppers, cucumber, and a dab of mustard. You can even roll it up in some lettuce leaves or a whole-grain tortilla for a quick wrap.

Berry & Seed Mix

A small bowl of mixed berries (strawberries, blueberries, blackberries) with a sprinkle of chia seeds. You can also add a small amount of milk and/or some granola.

Tuna Salad Lettuce Cups

Tuna mixed with avocado and chopped veggies, served in lettuce leaves is a quick and easy meal that satisfies.

50 Girl Dinner Ideas

1. Whole-grain crackers + avocado + cherry tomatoes + feta cheese
2. Rice cakes + hummus + cucumber slices + olives
3. Greek yogurt + fresh berries + chia seeds + honey
4. Sliced turkey breast + avocado + mixed greens + lime
5. Cottage cheese + sliced cucumbers + cherry tomatoes + herbs
6. Sliced apple + almond butter + cinnamon
7. Mixed greens + grilled chicken (pre-cooked) + almonds + lemon vinaigrette
8. Boiled eggs + sliced bell peppers + hummus
9. Pita bread + hummus + cucumber + sliced tomatoes
10. Tuna salad (canned tuna) + mixed greens + avocado + lemon
11. Whole-grain crackers + goat cheese + sliced pears + walnuts
12. Sliced avocado + cottage cheese + sliced tomatoes + sunflower seeds
13. Greek yogurt + granola + chia seeds + pomegranate seeds
14. Mixed berries + whipped coconut cream
15. Rice cakes + almond butter + banana slices + cinnamon
16. Baked sweet potato (pre-cooked) + black beans + avocado + cilantro
17. Lettuce wraps + shredded rotisserie chicken (pre-cooked) + shredded carrots + peanut dipping sauce
18. Zucchini noodles (pre-spiralized) + cherry tomatoes + mozzarella + pesto drizzle
19. Cucumber salad + feta cheese + olives + red onion
20. Sliced cucumber + guacamole + cherry tomatoes
21. Avocado toast + poached egg (or scrambled egg) + chili flakes
22. Chickpea and avocado salad + lemon + olive oil
23. Greek salad + cucumbers + tomatoes + red onion + olives + feta cheese
24. Rice cakes + smoked salmon + avocado + dill
25. Mixed greens + canned salmon + cucumber + avocado
26. Carrot sticks + hummus + cherry tomatoes
27. Almonds + dried cranberries + fresh strawberries
28. Roasted nuts + mixed berries + coconut flakes
29. Cottage cheese + pineapple + sunflower seeds
30. Whole-grain crackers + almond butter + apple slices
31. Lettuce wraps + hummus + avocado + carrots
32. Rice cakes + guacamole + cherry tomatoes
33. Mixed greens + canned tuna + avocado + balsamic vinegar
34. Sliced cucumber + cottage cheese + fresh dill
35. Chia pudding (made with almond milk) + strawberries
36. Avocado + cottage cheese + cherry tomatoes
37. Hard-boiled eggs + cucumber + mixed greens
38. Greek yogurt + almond butter + chia seeds
39. Cucumber + smoked salmon + avocado
40. Hummus + baby carrots + bell pepper slices

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41. Roasted chickpeas + mixed greens + olive oil + balsamic vinegar
42. Apple slices + almond butter + raisins
43. Rice cakes + hummus + sliced cucumber
44. Boiled eggs + roasted red peppers + avocado
45. Cottage cheese + diced peaches + chia seeds
46. Rice cakes + almond butter + blueberries
47. Whole-grain crackers + guacamole + salsa
48. Sliced tomatoes + fresh basil + mozzarella + olive oil
49. Sliced cucumber + avocado + feta cheese
50. Cottage cheese + sliced strawberries + sunflower seeds

GIRL DINNER IDEAS BY CATEGORY

Quick & Easy Girl Dinner Ideas (under 5 minutes)

- Rice cakes + almond butter + strawberries - Spread the almond butter over the rice cakes and add sliced strawberries to the top. You can even drizzle a little honey over the top.
- Baby carrots + hummus + pita chips - Anything you can dip into hummus makes a great meal.
- Canned tuna + whole-grain crackers + cucumber slices - You can spoon a bit of tuna onto larger crackers and top that with a cucumber slice or two. You can also mix some mayo with the tuna for added flavor and easier eating.

Vegan Girl Dinner Ideas (all plant-based)

- Chickpeas + cucumber slices + tahini dressing - Add some crackers to this mix and you have a pretty well-rounded girl dinner.
- Hummus + whole-grain pita + baby carrots - You can stuff the pita or cut it and use it like chips.
- Brown rice + edamame + coconut aminos - This can be easily mixed in a bowl, or you can eat the edamame and rice separately. The coconut aminos simply add flavor.

Budget-Friendly Girl Dinners (low-cost options)

- Peanut butter + apple slices + rice cakes - Spread the peanut butter on the rice cakes and layer on the slices of apples. A sprinkle of cinnamon would be great here too.
- Brown rice ramen noodles (no seasoning) + frozen veggies + soy sauce - Boil the frozen veggies quickly and toss them with the rice and soy sauce.
- Canned chickpeas + extra virgin olive oil + cherry tomatoes - This simple combination of chickpeas and cherry tomatoes can be eaten as a salad all mixed together, or you can simply drizzle the chickpeas and tomatoes with a light drizzle of oil, salt and pepper.

50 Girl Dinner Ideas

On-The-Go Girl Dinners (for work, school, or travel)

1. Whole-grain wrap + hummus + spinach leaves - This simple wrap is great on it's own, or you can add any number of other items in your fridge.
2. Mason jar salad (quinoa + veggies + vinaigrette) - While you will need to cook the quinoa, you can certainly use cooked leftovers.
3. Almonds + dried cranberries + whole-grain crackers - This simple snack plate makes a great girl dinner. A little sweet and savory with plenty of crunch.

Kid-Friendly Girl Dinners (simple options kids will love)

1. Mini whole grain bagels + cream cheese + cucumber slices - Cut them in half and build them like a sandwich, or tear of pieces of bagel to dip into the cream cheese.
2. Turkey roll-ups + cheese cubes + grapes - You can also add large lettuce leaves for wraps.
3. Apples + peanut butter + pretzel sticks - Also try different nut or seed butter to vary the flavors.

Get more ideas here!