

*Here are ten easy things to eat for dinner that are paleo, gluten-free, and dairy-free:*

1. Grilled chicken with roasted vegetables (e.g., sweet potatoes, carrots, and broccoli).
2. Grilled salmon with a side salad (e.g., mixed greens, cucumber, and tomatoes).
3. Beef stir-fry with a variety of vegetables (e.g., bell peppers, onion, and broccoli) and cauliflower rice.
4. Zucchini noodles (zoodles) with homemade tomato sauce and ground turkey.
5. Tuna or salmon salad with mixed greens and a side of roasted Brussels sprouts.
6. Spaghetti squash with homemade meat sauce (using ground beef or turkey) and a side of steamed asparagus.
7. Baked sweet potato topped with ground turkey, diced tomatoes, and avocado.
8. Chicken and vegetable soup (using homemade bone broth as the base).
9. Baked salmon with roasted sweet potato wedges and sautéed kale.
10. Grilled shrimp skewers with a side of grilled veggies (e.g., zucchini, bell peppers, and onions).