
EAT EASY DAILY

7 Lazy High-Protein Dinners.

Normal-food dinners for the nights you need an answer, not another recipe search.

FAST ENOUGH FOR A TUESDAY.

7 familiar, low-fuss dinners with estimated protein and a simple place to start.

NO MEAL-PREP PERSONALITY REQUIRED.

The hard part isn't cooking. It's deciding.

The hardest part of eating well isn't cooking — it's deciding. What sounds good? What is fast? What do you already have? This is your short list for the nights when that daily decision is the whole problem.

USE THIS LIKE A DECISION MENU

- 01** Pick the dinner that matches your energy.
- 02** Swap what you have; these are flexible on purpose.
- 03** Save the next idea before you need it.

Every estimate is just that — an estimate. Use the version of the ingredients you buy, and make the meal work for your night.

Tonight's easy answer.

DINNER 01

25 MIN

Chicken & Avocado Burritos

~38g estimated protein / serving

Warm, cheesy burritos that feel like a real dinner, not a project. Rotisserie chicken makes this even faster.

GRAB

Cooked chicken breast or rotisserie chicken, flour tortillas, avocado, shredded cheese, salsa, lime, and a bag of shredded lettuce.

MAKE IT

Warm the chicken with salsa. Layer chicken, avocado, cheese, and lettuce in tortillas; roll, toast seam-side down in a skillet, then squeeze over lime.

DINNER 02

15 MIN

Crispy Cheese & Egg Quesadillas

~27g estimated protein / serving

The low-effort answer for a night when there is nothing planned. Eggs, beans, and melted cheese do the heavy lifting.

GRAB

Eggs, flour tortillas, shredded cheese, canned black beans, salsa, avocado, and any hot sauce you like.

MAKE IT

Scramble the eggs. Fill tortillas with eggs, beans, and cheese; toast in a dry skillet until crisp. Cut into wedges and serve with salsa and avocado.

Tonight's easy answer.

DINNER 03

25 MIN

Creamy Greek Yogurt Chicken Rice Bowl

~41g estimated protein / serving

Bright, creamy chicken bowls with microwave rice and frozen broccoli. It tastes like you planned ahead, even when you did not.

GRAB

Chicken breast or thighs, plain Greek yogurt, microwave rice, frozen broccoli, lemon, garlic powder, olive oil, salt, and pepper.

MAKE IT

Season and cook the chicken in a skillet. Stir Greek yogurt with lemon and garlic powder; build bowls with hot rice, broccoli, sliced chicken, and the sauce.

DINNER 04

25 MIN

One-Pan Steak & Peppers

~36g estimated protein / serving

A fast skillet dinner that earns its place in the normal-food category. Use steak strips, fajita seasoning, and whatever peppers are in the fridge.

GRAB

Sirloin or steak strips, bell peppers, onion, fajita seasoning, tortillas or microwave rice, shredded cheese, and salsa.

MAKE IT

Sear steak strips, then set aside. Cook peppers and onion in the same pan, return the steak, toss with seasoning, and pile into tortillas or over rice.

Tonight's easy answer.

DINNER 05

15 MIN

Golden Tuna Melt

~31g estimated protein / serving

A comfort-food dinner built from pantry staples. The Greek yogurt keeps the filling creamy without making this feel like a nutrition assignment.

GRAB

Canned tuna, Greek yogurt or mayo, sliced bread or English muffins, cheddar, pickle relish, baby spinach, and black pepper.

MAKE IT

Mix tuna with Greek yogurt, relish, and pepper. Spoon onto bread, add cheese, and broil or toast until melted; add a handful of spinach on the side.

DINNER 06

30 MIN

Sheet-Pan Sausage & Veg

~28g estimated protein / serving

Minimal chopping, one pan, and leftovers that still work tomorrow. Choose fully cooked chicken sausage to keep the timing easy.

GRAB

Fully cooked chicken sausage, baby potatoes, bell peppers, zucchini or broccoli, olive oil, Italian seasoning, Dijon mustard, and lemon.

MAKE IT

Toss potatoes with oil and roast first. Add sliced sausage and vegetables, roast until browned, then finish with a quick Dijon-lemon drizzle.

One more for the rotation.

DINNER 07

25 MIN

Lazy Beefy Protein Pasta

~39g estimated protein / serving

The pasta night answer when you want something filling and familiar. Regular pasta works too; the beef and cottage cheese bring the estimated protein.

GRAB

Lean ground beef, protein pasta or regular pasta, marinara sauce, cottage cheese, frozen spinach, parmesan, and Italian seasoning.

MAKE IT

Boil pasta. Brown the beef with seasoning, stir in marinara and spinach, then fold in cottage cheese off the heat. Toss with pasta and finish with parmesan.

A LAZY-DINNER RULE

If you can make one familiar thing with a little more estimated protein, you do not need to reinvent dinner. Add the side salad tomorrow. Tonight, make the pasta.

Dinner, already decided.

Want 7 more, built around what's actually in your fridge and your budget? Eat Easy Pro turns your grocery store trip into a week of high-protein dinners — never wonder what to eat again.

EAT EASY PRO

<https://eateasydaily.madethis.app>

KEEP THIS WHERE YOU DECIDE DINNER.

Your camera roll, your notes app, the front of the fridge — wherever you look first when the question hits.