

AGE WITH FLAVOR

Dinner Is Handled

14 comfort food dinners that feed four. 30g+ protein each.
Most on the table in 30 minutes.

14

DINNERS

4

SERVINGS EACH

30g+

PROTEIN A PLATE

45

MINUTES, MAX

Inside

Comfort Burgers & Sweet Fries · Verde Enchilada Bake · Korean Beef Bowls ·
Meatball Subs · Turkey & White Bean Chili · Rotisserie Street Tacos · Lemon Caper
Cod · Thai Green Curry Chicken · Sheet Pan Italian Chicken · Tortellini Soup · and
four more

Comfort food, built stronger.
Everyone eats the same dinner. Nobody cooks twice.

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How this works

The problem isn't recipes.

You already know how to cook. What wears you down is deciding, every single night, at the worst possible hour. These 14 dinners are here so you can stop deciding for two weeks.

One dinner, two plates.

Every recipe feeds four and every recipe has a **For the family** line: the swap or the addition that keeps everyone else happy without you making a second meal. You get the protein. They get the carbs. Same pan, same table.

Comfort food, built stronger.

Burgers. Enchiladas. Meatball subs. Chili. These are the dinners people actually want, put together so each serving carries at least 30 grams of protein. Nothing here is a substitute for the food you like. It is the food you like.

About the timings.

The clock includes prep. Nine of the fourteen come in at 30 minutes or under and nothing goes past 45. Where a recipe calls for rice, use a microwaveable pouch and the timing holds.

The one rule

Cook the recipe as written. Then read the **For the family** line and adjust their plates, not yours. That is the whole system.

All fourteen, fastest first

1	Bean & Chicken Quesadillas	3 min	44g
2	Tortellini Soup	9 min	34g
3	Meatball Subs	13 min	34g
4	Rotisserie Street Tacos	15 min	40g
5	Salmon & Asparagus	15 min	40g
6	Korean Beef Bowls	25 min	42g
7	Thai Green Curry Chicken	25 min	42g
8	Sheet Pan Shrimp Fajitas	27 min	34g
9	Chicken & Broccoli Stir-Fry	30 min	43g
10	Sheet Pan Italian Chicken	33 min	50g
11	Lemon Caper Cod	35 min	41g
12	Comfort Burgers & Sweet Fries	40 min	45g
13	Verde Enchilada Bake	45 min	45g
14	Turkey & White Bean Chili	45 min	36g

1 Bean & Chicken Quesadillas

Pantry staples, one skillet, on the table before anyone asks how long.

3

MIN

SERVES 4



CALORIES

470

PROTEIN

44g

FIBER

5g

NET CARBS

32g

What you need

- 1 lb rotisserie chicken
- 1/2 can black beans
- 4 large flour tortillas
- 3/4 c shredded cheddar
- 1/2 c salsa
- 1/2 c nonfat yogurt
- 1 tbsp olive oil
- 1/2 tsp cumin and garlic powder

How to make it

1. Mix shredded chicken, beans, cumin, and garlic powder.
2. Lay tortillas flat. Spread the chicken and bean mixture on half of each. Top with cheddar. Fold in half.
3. Heat olive oil in a skillet over medium. Cook quesadillas 2 to 3 min per side until golden.
4. Cut into wedges. Serve with salsa and yogurt for dipping.

FOR THE FAMILY

Extra cheese in theirs, and guacamole on the side. Cut into strips for smaller hands.

2 Tortellini Soup

Tastes like it simmered all afternoon. Almost no chopping.

9

MIN

SERVES 4



CALORIES

534

PROTEIN

34g

FIBER

6g

NET CARBS

53g

What you need

- 4 chicken sausage links
- 18 oz cheese tortellini
- 4 c baby spinach
- 1/2 can cannellini beans
- 1 c marinara sauce
- 4 tbsp grated parmesan
- 1 tbsp olive oil
- 4 c broth, plus basil and garlic

How to make it

1. Heat olive oil in a large pot over medium. Brown the sausage slices 3 to 4 min.
2. Add broth, marinara, and beans. Bring to a boil. Add tortellini and cook per package, 3 to 5 min.
3. Stir in the spinach during the last minute, until wilted.
4. Ladle into bowls and top with parmesan. Serve right away.

FOR THE FAMILY

Crusty bread for dunking. Ladle theirs before the spinach goes in if greens are a fight.

3 Meatball Subs

Store-bought all the way through, and nobody will be able to tell.

13

MIN

SERVES 4



CALORIES

460

PROTEIN

34g

FIBER

5g

NET CARBS

40g

What you need

- 1 bag turkey meatballs
- 1 jar marinara sauce
- 1 bag bell pepper strips
- 1/2 tsp oregano and garlic powder
- 4-pack hoagie rolls
- 1/2 c shredded mozzarella
- 1/4 c grated parmesan

How to make it

1. Combine meatballs and marinara in a covered bowl. Microwave on high 4 to 5 min, stirring once, until hot.
2. Microwave the pepper strips in a covered bowl 3 to 4 min until tender. Sprinkle with oregano and garlic powder.
3. Split the rolls and toast lightly. Fill with meatballs, sauce, peppers, mozzarella, and parmesan.
4. Broil open-faced 1 to 2 min to melt the cheese. Serve immediately.

FOR THE FAMILY

Extra marinara for dipping and more parmesan on top. Leave the peppers out of theirs if that's the sticking point.

4 Rotisserie Street Tacos

Crisped rotisserie chicken, warm corn tortillas, black beans on the side.

15

MIN

SERVES 4



CALORIES

455

PROTEIN

40g

FIBER

8g

NET CARBS

23g

GLUTEN FREE

What you need

- 1 rotisserie chicken
- 1 can (15 oz) black beans
- 8 street corn tortillas
- 1/4 c red salsa
- 1/2 c shredded cheddar
- 1 avocado, sliced
- 2 tsp taco seasoning
- 1 tbsp olive oil

How to make it

1. Drain and rinse the beans. Warm in a saucepan over medium with a pinch of salt, 5 min.
2. Heat olive oil in a skillet over medium. Add the shredded chicken and taco seasoning and toss. Cook 3 to 4 min until heated and the edges crisp.
3. Stir the salsa into the chicken and cook 1 min more.
4. Warm tortillas in the skillet 30 sec per side. Fill with chicken, cheddar, and avocado. Beans on the side.

FOR THE FAMILY

Add rice on the side for bigger appetites. Keep the salsa in its own bowl so nobody has to negotiate.

5 Salmon & Asparagus

Steams in the microwave in under five minutes and still looks like you tried.

15

MIN

SERVES 4



CALORIES

450

PROTEIN

40g

FIBER

6g

NET CARBS

29g

GLUTEN FREE

What you need

- 4-pack salmon fillets
- 1 bunch asparagus
- 2 microwave quinoa pouches
- 10 cherry tomatoes
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp dill and garlic powder
- 2 tbsp fresh parsley

How to make it

1. Place salmon on a microwave-safe plate. Drizzle with olive oil, lemon juice, dill, and garlic. Cover loosely.
2. Microwave on high 4 to 5 min until the salmon flakes easily. Check at 4 min.
3. Microwave the quinoa pouches per package, about 90 sec each. Microwave asparagus and tomatoes with 1 tbsp water for 3 to 4 min.
4. Serve salmon and vegetables over quinoa. Garnish with parsley.

FOR THE FAMILY

Rolls or garlic bread on the side. Serve theirs with the lemon on the side rather than over the top.

6 Korean Beef Bowls

Sweet, savory, and on the table faster than takeaway would arrive.

25
MIN
SERVES 4



CALORIES

532

PROTEIN

42g

FIBER

7g

NET CARBS

46g

What you need

- 1.25 lb ground beef 93/7
- 4 c green beans, trimmed
- 4 c cooked brown rice
- 1 c shelled edamame
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp honey
- 1 tsp each ginger, garlic, scallion

How to make it

- 1.** Start the rice. Microwaveable brown rice pouches keep this to 25 min. Heat sesame oil in a large skillet over medium-high. Cook the beef 6 to 8 min, breaking it up, until browned.
- 2.** Add the green beans and edamame and cook 4 to 5 min, until the beans are tender-crisp.
- 3.** Stir in soy sauce, honey, ginger, and garlic powder. Toss to coat.
- 4.** Serve the beef and green beans over brown rice. Top with sliced green onions.

FOR THE FAMILY

Beef and rice plain for anyone who won't do green beans, with the sauce on the table. Kimchi for the adventurous ones.

7 Thai Green Curry Chicken

Creamy, fragrant, and far easier than it has any right to be.

25

MIN

SERVES 4



CALORIES

559

PROTEIN

42g

FIBER

6g

NET CARBS

58g

GLUTEN FREE

What you need

- 1.25 lb chicken breast, diced
- 1 can light coconut milk
- 1 can bamboo shoots
- 4 c broccoli florets
- 4 c cooked brown rice
- 2 tbsp green curry paste
- 1 tbsp olive oil
- 1 tbsp fish sauce, plus basil

How to make it

- 1.** Start the rice. Microwaveable brown rice pouches keep this to 25 min. Heat olive oil in a large skillet over medium-high. Cook the chicken 5 to 6 min until browned, then set aside.
- 2.** Add coconut milk and curry paste to the pan and stir until combined. Add bamboo shoots and broccoli and simmer 5 to 7 min.
- 3.** Return the chicken to the pan. Stir in fish sauce and lime juice. Simmer 2 min.
- 4.** Serve over brown rice and top with fresh basil.

FOR THE FAMILY

Go light on the curry paste and give them extra rice. Pull a portion of plain chicken before the sauce goes in.

8 Sheet Pan Shrimp Fajitas

One pan, charred peppers, and the whole kitchen smells like a cantina.

27

MIN

SERVES 4



CALORIES

428

PROTEIN

34g

FIBER

4g

NET CARBS

45g

GLUTEN FREE

What you need

- 1.25 lb shrimp, peeled
- 3 bell peppers, sliced
- 1 large red onion, sliced
- 8 small corn tortillas
- 1/2 can black beans
- 1/2 large avocado, sliced
- 2 tbsp olive oil and fajita mix
- 2 c cooked rice

How to make it

1. Start the rice. Microwaveable pouches keep this to 27 min. Heat oven to 425F. Toss shrimp, peppers, and onion with olive oil and fajita mix on a sheet pan.
2. Roast 10 to 12 min until the shrimp are pink and the peppers char at the edges.
3. Warm the black beans in a small pot. Warm the tortillas in a dry pan.
4. Serve in tortillas with beans, avocado, and rice on the side. Squeeze lime over the top.

FOR THE FAMILY

Cheese and sour cream on the side. Swap in chicken strips on the same pan for anyone who won't eat shellfish.

9 Chicken & Broccoli Stir-Fry

The weeknight standby, with enough chicken in it to actually hold you.

30

MIN

SERVES 4



CALORIES

516

PROTEIN

43g

FIBER

7g

NET CARBS

57g

What you need

- 1.25 lb chicken breast
- 4 c broccoli florets
- 2 c snap peas
- 4 c cooked brown rice
- 1 tbsp sesame oil
- 4 tbsp soy sauce
- 2 tsp ginger and garlic powder
- 1/4 c sliced green onions

How to make it

1. Start the rice. Microwaveable brown rice pouches keep this to 30 min. Heat sesame oil in a large wok or skillet over high. Stir-fry the chicken 5 to 6 min until cooked through, then remove.
2. Add broccoli and snap peas to the wok and stir-fry 4 to 5 min until tender-crisp.
3. Return the chicken. Add soy sauce, ginger, and garlic powder and toss 1 to 2 min until coated.
4. Serve over brown rice and top with green onions.

FOR THE FAMILY

Soy sauce on the side, teriyaki for dipping, extra rice. Snap peas tend to win over broccoli with younger eaters.

10 Sheet Pan Italian Chicken

The highest protein dinner in the set, and it is one pan and a bowl.

33

MIN
SERVES 4



CALORIES

420

PROTEIN

50g

FIBER

6g

NET CARBS

16g

GLUTEN FREE

What you need

- 3 chicken breasts, about 1.5 lb
- 1 zucchini, sliced
- 1 bell pepper, sliced
- 1 pint cherry tomatoes
- 1 can white beans (15 oz)
- 1 tbsp Italian seasoning
- 2 tbsp olive oil
- 1/2 c grated parmesan

How to make it

1. Heat oven to 425F and line a sheet pan with parchment.
2. Toss the chicken with the seasoning. Toss the vegetables and drained beans with olive oil, salt, and pepper.
3. Arrange on the sheet pan. Roast 22 to 25 min until the chicken hits 165F and the vegetables char.
4. Sprinkle parmesan over everything. Slice the chicken and serve.

FOR THE FAMILY

Bread or a bowl of pasta on the side for anyone who needs more on the plate. Keep their vegetables in a separate corner of the pan.

11 Lemon Caper Cod

Browned butter, capers, lemon, crispy potatoes. A restaurant plate on a Tuesday.

35
MIN
SERVES 4



CALORIES

447

PROTEIN

41g

FIBER

6g

NET CARBS

31g

GLUTEN FREE

What you need

- 1 1/2 lb cod fillets
- 1 1/2 lb baby potatoes
- 1 lb asparagus
- 2 tbsp olive oil
- 3 tbsp butter
- 3 cloves garlic
- 1 lemon
- 2 tbsp capers

How to make it

1. Heat oven to 425F. Halve the potatoes and toss with 1 tbsp oil, salt, and pepper. Roast 25 min, adding the asparagus for the last 8 min.
2. Pat the cod dry and season. Heat 1 tbsp oil in a skillet over medium-high. Sear the cod 3 to 4 min per side until opaque.
3. Reduce to medium. Add butter, garlic, capers, and lemon juice. Cook 1 min until fragrant.
4. Spoon the sauce over the cod. Plate with potatoes and asparagus and squeeze the rest of the lemon over.

FOR THE FAMILY

Skip the capers on their portion and give them extra potatoes. Plain butter and lemon is an easier sell.

12 Comfort Burgers & Sweet Fries

Burger night, unchanged, except every plate carries 45 grams of protein.

40
MIN
SERVES 4



CALORIES

553

PROTEIN

45g

FIBER

6g

NET CARBS

32g

What you need

- 1.25 lb ground beef 93/7
- 4 whole wheat buns
- 3 sweet potatoes, sliced
- 1/2 c shredded cheddar
- 2 c lettuce and tomato
- 1/2 c pickles and red onion
- 1 tbsp olive oil
- paprika, garlic, pepper

How to make it

1. Heat oven to 425F. Toss the sweet potato fries with olive oil, paprika, salt, and pepper. Bake 20 to 25 min, flipping halfway.
2. Form the beef into 4 patties. Season with garlic powder, salt, and pepper. Cook 4 to 5 min per side until 160F.
3. Melt the cheddar on the patties in the last minute. Toast the buns.
4. Assemble with lettuce, tomato, pickles, and onion. Serve with the fries.

FOR THE FAMILY

Ketchup, mustard, plain buns on the side. Let them skip the pickles and onion and nobody has to discuss it.

13 Verde Enchilada Bake

45g of protein and 25g of fiber in one dish. The best plate in the collection.

45
MIN
SERVES 4



CALORIES

452

PROTEIN

45g

FIBER

25g

NET CARBS

20g

What you need

- 1 lb chicken breast
- 8 high-fiber tortillas
- 1 1/2 c salsa verde
- 1/2 c Greek yogurt
- 1 c shredded Jack cheese
- 1 can green chiles
- 1 tbsp olive oil
- 2 tbsp cilantro

How to make it

1. Cook the chicken in a skillet with olive oil over medium, 5 to 6 min per side until 165F. Cool 5 min, then shred.
2. Heat oven to 375F. Mix the shredded chicken with green chiles, Greek yogurt, and salsa verde.
3. Grease a 9x13 dish. Fill each tortilla, roll, and place seam-down in the dish.
4. Pour salsa over the rolls and top with cheese. Bake covered 20 min, then uncovered 5 more. Finish with cilantro.

A serving is 2 enchiladas. The fiber comes from the tortillas, so use a high-fiber brand.

FOR THE FAMILY

Pull two tortillas before the salsa goes on, fill with chicken and cheese only, and bake them alongside.

14 Turkey & White Bean Chili

One pot, and it is better the next day. Make it Sunday and coast into Monday.

45
MIN
SERVES 4



CALORIES

481

PROTEIN

36g

FIBER

11g

NET CARBS

43g

GLUTEN FREE

What you need

- 1 lb ground turkey 93/7
- 1 can cannellini beans
- 1 can crushed tomatoes
- 1 large onion, diced
- 2 c cooked brown rice
- 1/2 c nonfat yogurt
- 1 tbsp olive oil
- chili powder, cumin, garlic

How to make it

1. Start the rice. Heat olive oil in a large pot over medium-high. Add the onion and cook 3 to 4 min. Add the turkey and cook 6 to 8 min until browned.
2. Stir in crushed tomatoes, beans, chili powder, cumin, and garlic powder. Bring to a boil, then reduce and simmer 15 to 20 min.
3. Ladle the chili over brown rice in bowls.
4. Top each bowl with a spoonful of yogurt.

FOR THE FAMILY

Set out shredded cheese, corn chips, and sour cream and let everyone build their own bowl.

The shopping, in three lists

Buy the pantry column once and it covers all fourteen dinners. After that each week is a short list of fresh things, because that is the only part that actually needs buying again.

Buy once, covers everything

Oils, sauces and jars

- ☐ olive oil
- ☐ sesame oil
- ☐ soy sauce
- ☐ honey
- ☐ fish sauce
- ☐ green curry paste
- ☐ capers
- ☐ pickles
- ☐ marinara sauce
- ☐ salsa verde
- ☐ red salsa

Cans

- ☐ black beans (2)
- ☐ cannellini beans (2)
- ☐ white beans (1)
- ☐ crushed tomatoes
- ☐ green chiles
- ☐ bamboo shoots
- ☐ light coconut milk

Grains

- ☐ brown rice pouches
- ☐ microwave quinoa pouches

Spice shelf

- ☐ taco seasoning
- ☐ fajita mix
- ☐ Italian seasoning
- ☐ chili powder
- ☐ cumin
- ☐ paprika
- ☐ garlic powder
- ☐ ginger powder
- ☐ dill
- ☐ oregano

Week one

Quesadillas, street tacos, salmon, Korean beef, sheet pan chicken, burgers, chili

Meat and fish

- ☐ 2 rotisserie chickens
- ☐ 1 1/2 lb chicken breast
- ☐ 2 1/2 lb ground beef 93/7
- ☐ 1 lb ground turkey 93/7
- ☐ 4-pack salmon fillets

Produce

- ☐ 4 c green beans
- ☐ 1 bunch asparagus
- ☐ 1 zucchini
- ☐ 1 bell pepper
- ☐ 1 pint cherry tomatoes
- ☐ 3 sweet potatoes
- ☐ 1 large onion
- ☐ 1 red onion
- ☐ 1 avocado
- ☐ lettuce and tomato
- ☐ 1 lemon
- ☐ scallions
- ☐ parsley

Chilled and frozen

- ☐ shredded cheddar
- ☐ grated parmesan
- ☐ nonfat yogurt
- ☐ shelled edamame

Bread aisle

- ☐ 4 large flour tortillas
- ☐ 8 street corn tortillas
- ☐ 4 whole wheat buns

Week two

Tortellini soup, meatball subs, green curry, shrimp fajitas, stir-fry, cod, enchiladas

Meat and fish

- ☐ 3 1/2 lb chicken breast
- ☐ 4 chicken sausage links
- ☐ 1 bag turkey meatballs
- ☐ 1 1/4 lb shrimp, peeled
- ☐ 1 1/2 lb cod fillets

Produce

- ☐ 8 c broccoli florets
- ☐ 2 c snap peas
- ☐ 4 c baby spinach
- ☐ 3 bell peppers
- ☐ 1 bag bell pepper strips
- ☐ 1 large red onion
- ☐ 1 lb asparagus
- ☐ 1 1/2 lb baby potatoes
- ☐ 1 avocado
- ☐ 2 lemons
- ☐ limes
- ☐ garlic
- ☐ green onions
- ☐ basil
- ☐ cilantro

Chilled and frozen

- ☐ 18 oz cheese tortellini
- ☐ shredded mozzarella
- ☐ shredded Jack cheese
- ☐ grated parmesan
- ☐ Greek yogurt
- ☐ butter
- ☐ chicken broth

Bread aisle

- ☐ 4-pack hoagie rolls
- ☐ 8 small corn tortillas
- ☐ 8 high-fiber tortillas

What to do with the other 351 nights

These 14 will get you through two weeks. After that, everything on the site is free and there is no email gate on any of it.

The recipe library keeps growing, mostly high-protein snacks and dinners built the same way as these. The articles are where the research goes, written in plain English with every source linked so you can check it yourself.

If these worked for you, the full cookbook has the rest of them, along with breakfasts, lunches and a month of planning already done.

The recipe library

Every recipe on the site is free and none of it is gated. High-protein snacks, more dinners, built the same way as these.

The articles

Research on healthy aging, metabolism, sleep and movement, read closely and explained in plain English. Every source is linked so you can check it yourself.

The cookbook

The rest of the dinners, plus breakfasts, lunches, snacks and a month of planning already done for you.

Everything lives at agewithflavor.com