

17 Quick Dinner Ideas from Fresh Direct

1. Rotisserie Chicken

Rotisserie chicken is the most versatile food when it comes to planning quick delicious dinners. Fresh Direct offers rotisserie chicken in different flavors such as plain roasted chicken, roasted garlic and herb, roasted maple and mustard, roasted lemon herb, barbeque, and jerk rotisserie chicken. Use it to make chicken salad, tacos, fajitas, or eat it with sides of vegetables. It's quick, convenient, and oh so tasty!

2. Seasoned chicken / Plain chicken breasts

Fresh Direct also offers seasoned chicken. Tikka-marinated chicken breasts that are ready to cook. Pair it with vegetables, brown rice, sweet potato, or cauliflower rice. It's a quick and tasty dinner option.

Calories: 140 (½ tikka marinated chicken breast)
Carbohydrates: 2 g
Fat: 3 g
Fiber: 0 g
Sodium: 340 mg



FreshDirect Tikka-Marinated Chicken Breasts (Raised without Antibiotics), Ready to Cook [Ⓢ]
\$7.99/lb

2ct



NO HEAT- [Learn more](#)

Plain chicken breasts are also extremely versatile. Add it to stir-fry, soups, tacos, or grill it and add it to your salad the possibilities are endless!

3. Veggie noodles

Are you looking for a low-carb pasta option? Nowadays, zoodles are all the rage! Try Fresh Direct's zucchini noodles. Not a fan of zucchini? Use spaghetti squash instead! Both are low in carbohydrates and are lower in calories which means you can eat more!



Fresh Green Zoodles "Zucchini Noodles"

Ⓢ
\$5.99/ea
approx. 16oz
★★★★★

- 1 + Total: \$5.99

Add to Cart

Add to List

3 Guaranteed Fresh
At least 3 days from delivery













Spaghetti Squash "Vegetable Spaghetti"

Ⓢ
\$1.49/lb ~~\$1.99~~

★★★★★

- 1 + \$4.47 Est. Weight 3 lb

 <p>FreshDirect Rotisserie Chicken (Raised w/o Antibiotics) Serves 2-3 \$9.98/ea about \$3.99/lb</p>	 <p>FreshDirect Roasted Garlic & Herb Rotisserie Chicken (Raised w/o Antibiotics) Serves 2-3 \$9.99/ea about \$3.84/lb</p>	 <p>FreshDirect Roasted Half Chicken (Raised w/o Antibiotics) Serves 1-2 \$5.99/ea about \$4.61/lb</p>	 <p>Just FreshDirect Lemon Herb Spatchcock Chicken (Raised without Antibiotics), Ready t... \$4.49/lb</p>	 <p>Just FreshDirect Classic Maple Mustard Spatchcock Chicken (Raised without Antibiotics), Ready t... \$3.49/lb \$4.49</p>
 <p>FreshDirect Barbeque Rotisserie Chicken (Raised w/o Antibiotics)</p>	 <p>FreshDirect Jerk Rotisserie Chicken (Raised w/o Antibiotics)</p>	 <p>FreshDirect Roasted Garlic & Herb Roasted Half Chicken (Raised w/o Antibiotics)</p>	 <p>FreshDirect Barbecue Roasted Half Chicken (Raised w/o Antibiotics)</p>	 <p>Rotisserie Chicken Platter (Raised without Antibiotics), Ready to Serve</p>

4. Cauliflower rice

Looking for a low-carb rice alternative? Cauliflower rice is all the rage these days and for good reason! This is a great starch alternative. Pair it with any of the vegetables and proteins on this list and you've got a quick and delicious meal!

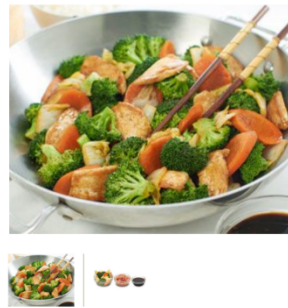
Fresh Direct's cauliflower rice contains:

Calories: 35, Carbohydrates: 7 g, Fat: 0 g, Fiber: 3 g, Sodium: 42 mg



5. Stir-fry

Probably the most popular weeknight meal for anyone in a time crunch, stir-fry is quick and easily customizable. Fresh Direct offer a variety of pre-cut frozen vegetables to use for your next stir-fry. If you have more time, use fresh veggies. Add your choice of protein or make it all vegetables for vegans and vegetarians. Or if you want something REALLY simple, use Fresh Direct's Stir-Fry meal kits. It comes with the protein, veggies and sauce. The choice is yours!



FreshDirect Chicken Teriyaki Stir-Fry Kit (Chicken raised w/o Antibiotics)

"Marinated Chicken Breast Raised without Antibiotics with Broccoli, Carrots & Teriyaki Sauce"

\$13.49/ea

Serves 2, 24oz

(\$8.99/lb)

6. Pre-cut Meats

Pressed for time? Buy pre-cut meat or meat strips to use for stir-fry, soups, stews, or fajitas. Buy a family pack and divide it up into portions, freeze, and defrost for your next meal! Pre-cut meats are a great addition to your meal prepping plan!

Stew & Cubes					Strips & Stir-Fry				
1.00lb \$3.99/lb \$3.99	1.00lb \$3.99/lb \$3.99	1.00lb \$4.49/lb \$4.49	1.00lb \$4.49/lb \$4.49	65-70oz approx. 2lb \$5.99/lb	1.00lb \$4.49/lb \$4.49	1.00lb \$6.49/lb \$6.49/lb	1.00lb \$6.49/lb \$6.49/lb	1.00lb \$6.99/lb \$6.99	1.00lb \$6.99/lb \$6.99
36-37oz approx. 2lb \$5.99/lb	36-37oz approx. 2lb \$6.49/lb	20-25oz approx. 2lb \$6.49/lb	20-25oz approx. 2lb \$6.99	12-14oz 1.00lb \$6.99/lb \$6.99	1.00lb \$6.99/lb \$6.99	1.00lb \$7.99/lb \$7.99	1.00lb \$7.99/lb \$7.99	1.00lb \$7.99/lb \$7.99	1.00lb \$7.99/lb \$7.99
12-14oz 1.00lb \$7.99/lb	12-14oz 1.00lb \$7.99/lb	10-12oz 1.00lb \$7.99/lb	10-12oz 1.00lb \$7.99/lb	1.00lb \$7.99/lb					

7. For pizza lovers

Buy ready-made pizza dough and customize your own pizza! Add vegetables, cheese, and whatever protein you'd like! It's a great customizable meal for the family!



FreshDirect
Pizza Dough, Frozen
4ct, 9oz ea
\$8.99/ea (\$2.25/ct)



Wholly Wholesome
Gluten-Free Pizza
Dough Ball, Frozen
14oz
\$7.99/ea (\$9.13/lb)



FreshDirect
Whole-Wheat Pizza
Dough, Frozen
4ct, 8oz ea
\$8.99/ea (\$4.50/lb)

8. Fish/Shellfish

Who says cooking fish should be complicated?

Purchase frozen shellfish or fish filets and whip up a quick tasty dinner. Serve it with Fresh Direct's premade vegetable/grain salad, cauliflower rice, vegetables, or add it to your salad.

Family Size



Wild Cod Fillet, Family
Pack
★★★★★
approx. 4ct
\$14.99/lb



Cooked Farm-Raised
Shrimp, Cleaned, 91-
110/lb, Frozen
★★★★★
approx. 1lb
\$9.99/ea



Organic Farm-Raised
Salmon Fillet Family
Pack
★★★★★
4ct
\$20.99/lb



Fish Cubes
★★★★★
\$6.99/lb



Farm-Raised Tilapia
Fillet Family Pack
★★★★★
4pc (7-9oz ea)
\$7.49/lb



Farm-Raised Cajun
Catfish Fillets Family
Pack
★★★★★
4ct
\$9.99/lb

9. Pre-packaged greens

Who said salads are boring? Mix and match different greens such as kale, lettuce, watercress, spinach, and arugula. Add vegetables, protein, nuts, and fruits! Dress it simply with oil or balsamic vinegar.

10. Premade salads with vegetables, grains and/or beans.

Looking for a healthy side dish to go with your protein? You'll find numerous options including:

- Kale, Farro, and Roasted Artichoke Salad
- Curried Lentil, Quinoa, Chickpea and Kale Super Salad
- Curried Cauliflower "Rice" Salad
- Green Vegetable Couscous Salad



Packaged Salads & Greens



Dream Greens
Baby Arugula
★★★★★
approx. 4.5oz
\$3.99/ea



Dream Greens
Baby Kale
★★★★★
approx. 4.5oz
\$3.99/ea



Dream Greens
Baby Spicy Spring Mix
★★★★★
approx. 4.5oz
\$3.29/ea \$3.99



Dream Greens
Baby Super Greens
★★★★★
approx. 4.5oz
\$3.99/ea



Dream Greens
Baby Watercress
★★★★★
approx. 4.5oz
\$3.99/ea



Gotham Greens
Gourmet Lettuce
Medley
★★★★★
approx. 1.5oz
\$3.49/ea \$3.99
Any 2 Save on
Gotham Greens! for
\$6.00



Earthbound Farm
Organic Baby Arugula
Salad
★★★★★
approx. 5oz
\$3.99/ea
Any 2 Earthbound
Salads for **\$7.00**



Earthbound Farm
Organic Baby Lettuce
Mix
★★★★★
approx. 5oz
\$3.99/ea
Any 2 Earthbound
Salads for **\$7.00**



Earthbound Farm
Organic Baby Spinach
★★★★★
approx. 10oz
\$5.99/ea
Any 2 Earthbound
Salads for **\$7.00**



Earthbound Farm
Organic Baby Spinach
★★★★★
approx. 10oz
\$5.99/ea
Any 2 Earthbound
Salads for **\$7.00**



Earthbound Farm
Organic Chopped
Salad Asian Kit
★★★★★
approx. 11oz
\$4.99/ea
Any 2 Earthbound
Chopped Kits for
\$9.00



Earthbound Farm
Organic Chopped
Salad Southwest Kit
★★★★★
approx. 11oz
\$4.99/ea
Any 2 Earthbound
Chopped Kits for
\$9.00



Earthbound Farm
Organic Half and Half
Baby Spinach Baby
Arugula
★★★★★
5oz
\$3.99/ea
Any 2 Earthbound
Salads for **\$7.00**



Earthbound Farm
Organic Herb Salad
★★★★★
approx. 5oz
\$3.99/ea
Any 2 Earthbound
Salads for **\$7.00**



Earthbound Farm
Organic Kale
★★★★★
approx. 5oz
\$3.99/ea
Any 2 Earthbound
Salads for **\$7.00**

11. "Meat"

For vegans and vegetarians, Fresh Direct offers a variety of meat alternatives. Add it to your pasta sauce, salad, or incorporate it to your sandwich. You've got plenty of options!



12. Soups

Craving a light and hearty dinner? Try one of Fresh Direct's ready-made soups.



FreshDirect Quinoa, Sweet Potato and Black Bean Stew ^⓪
\$8.99/ea

32oz
(\$4.50/pt)



FreshDirect Lentil Soup ^⓪
\$8.99/ea

32oz
(\$4.50/lb)

- 1 + Total: \$8.99



Fresh Direct has Meal Kit's for those who want an entire meal planned. There are a variety of meals to choose from to satisfy even the pickiest of palates!

13. Meal Kit: Wild Swordfish with Chimichurri, Smashed Butternut Squash & Roasted Vegetables

Calories: 720 cal
Carbohydrates: 43g
Fat: 43g
Fiber: 10g
Sodium: 770mg



14. Meal Kit: Dijon Salmon and Roasted Asparagus

Calories: 330 calories
Carbohydrates: 6g
Fat: 15g
Fiber: 2g
Sodium: 890mg

15. Meal Kit: Yogurt Chicken and Roasted Vegetables

Calories: 440 calories
Carbohydrates: 3g
Fat: 16g
Fiber: 11g
Sodium: 300mg



FreshDirect Yogurt Chicken and Roasted Vegetables Meal Kit (Raised without Antibiotics)

"Marinated Chicken Breasts with Sprouted Grain and Hijiki Pilaf, Roasted Vegetables, Tahini and Lemon Dressing"

16. Meal Kit: Double bundle

Fresh Direct also offers meal bundles that will last you 2 meals. The Meal Kit Bundle pictured below features Roasted Lemon Herb Chicken with Warm Vegetable and Spinach Salad and Bucatini with Fresh Tomato Basil Sauce and Burrata. These portions may be much bigger than



FreshDirect Favorites Meal Kit Bundle

\$43/ea

2 kits, Serves 2 per kit

- 1 + Total: \$43.00

Add to Cart

recommended so these kits may last you more than 2 meals.

17. Entrees for One Under 500 Calories

If you have ZERO time to prepare meals, then these "heat and eat" are for you! Check out the wide variety of under 500 calorie options. Some of them are on the small side, so you may need to add a cooked vegetable or salad. Examples:

Lemon Herb Shrimp with Saffron Cauliflower "Rice" and Asparagus
Turkey, Kale and Quinoa Meatballs with Grilled Vegetables
Citrus-Soy Chicken

