

Weekly Meal Plan

Day 1

Breakfast:

Lunch:

Dinner: Crockpot Southwest Chicken Soup

Day 2

Breakfast:

Lunch:

Dinner: Taco Stack Ups

Day 3

Breakfast:

Lunch:

Dinner: Chef Salad

Day 4

Breakfast:

Lunch:

Dinner: 10-Minute Pizzas

Day 5

Breakfast:

Lunch:

Dinner: Slow Cooker Verde Chicken and Rice

Day 6

Breakfast:

Lunch:

Dinner: One Pan Garlicky Cheesy Chicken and Broccoli

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Weekly Shopping List

Produce

1 large white onion
1 red bell pepper
1 head of garlic
2-4 avocados
limes (optional, to serve with tacos)
lettuce (for taco toppings) +
3 heads of romaine
2 tomatoes (for taco toppings)
2 roma tomatoes
fresh cilantro (for taco toppings)
1 pint grape tomatoes
1 cucumber

Pantry

2 cans fire-roasted diced tomatoes
48 oz chicken broth
14.5 oz can tomato sauce
1 small can sliced black olives
ranch dressing (under 2 g carbs)
low-carb tortillas, Joseph's pitas or lavash bread
2 jars pizza sauce
green can parmesan cheese
16 oz jar salsa verde
16 oz jar of your favorite salsa

Produce

your favorite veggies for side salads
2 large broccoli crowns
large Portebello mushroom caps (if not using tortillas or Joseph's for pizza)

Meat

9 large boneless, skinless chicken breasts
2 pounds ground beef

Pantry (continued)

cumin
oregano
smoked paprika
chili powder
crushed red pepper flakes (optional)
Italian seasoning
2 packages taco seasoning
large package long-grain brown rice

Frozen

coconut oil
coconut oil spray
olive oil
salt
pepper

Dairy/Cold Section

8 oz heavy cream
2 packages cream cheese
sour cream (optional taco topping)
1 pound cheddar or Mexican blend cheese
4 eggs
4 slices smoked ham
4 slices oven-roasted turkey breast
4 oz cubed cheddar cheese
12 oz Monterey jack cheese
4 oz mozzarella cheese

Other

Crockpot Southwest Chicken Soup

Ingredients:

- 3 large boneless, skinless chicken breasts
- 1 teaspoon olive oil
- 1 large onion, finely diced
- 1 red bell pepper, seeded and diced
- 2 cans fire roasted diced tomatoes
- 1 garlic clove, minced
- 1 1/2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon smoked paprika
- 2 teaspoons chili powder
- 3 cups chicken broth
- 1 cup heavy cream
- 4 oz. cream cheese
- 1 cup grated cheddar or Mexican blend cheese
- salt to taste
- 1 or 2 avocados, diced for topping

Directions:

1. Heat oil in a large pot and saute diced onions until translucent, about 4-5 minutes.
2. Add garlic and bell pepper and saute for an additional 3 minutes, or until bell pepper is starting to wilt and garlic is fragrant.
3. Place tomatoes, seasoning, broth, chicken, and cooked onion/garlic/bell pepper mixture in a slow cooker and cook on low for 6-8 hours.
5. 20 minutes before serving, shred chicken with 2 forks and add heavy cream, cream cheese, and grated cheese.
6. Before serving stir well to combine, making sure the cheese is fully melted.
7. Serve topped with avocado.

Taco Stack Ups

Ingredients:

- 2 lbs ground beef
- 2 packets taco seasoning (I look for gluten-free with no added carbs); or make your own
- 14.5 oz can tomato sauce
- sliced black olives
- limes
- sour cream
- cheddar cheese
- lettuce
- avocado
- salsa
- diced tomatoes
- fresh cilantro (optional)

Directions:

1. Spray a skillet or pan with coconut oil spray
2. Brown ground beef in the pan
3. When ground beef is nearly cooked, sprinkle with taco seasoning and stir to combine flavors
4. Add tomato sauce, stir, and simmer on low for 5 minutes
5. Serve the meat with bowls of sour cream, shredded cheese, lettuce, tomatoes, sliced black olives, cilantro, lime wedges, salsa, and diced avocado.
6. Stack the taco meat and other ingredients as desired.
(Cheese and sour cream are optional if you need to eat dairy-free.)

Chef Salad

Ingredients:

- 3 large heads romaine lettuce, chopped
- 4 large hard-boiled eggs, sliced
- 4 slices smoked ham, sliced
- 4 slices oven-roasted turkey breast, sliced
- 1/2 cup cubed cheddar cheese
- 1 pint grape tomatoes, halved
- 1 cucumber, peeled and diced
- store-bought ranch dressing (under 2 grams of carbs)

Directions:

1. Place the lettuce in a large serving bowl and toss with all other ingredients.

10-Minute Pizzas

Ingredients:

- low-carb tortillas, Joseph's pitas or lavash bread, or large Portobello mushrooms
- 2 jars pizza sauce
- 12 oz. Monterey jack cheese, grated
- parmesan cheese (the green can kind)
- oregano
- ingredients for side salad, if desired

Directions:

1. Preheat oven to 450.
2. Place tortillas, pitas, lavash bread, or mushrooms on a large baking sheet. My teenager will eat two of these, so we make extra if we need them.
3. Spread each "pizza" with 2 tablespoons pizza sauce, then top with grated Monterey jack.
4. Shake parmesan over the entire pizza, even the edges.
5. Sprinkle oregano over pizzas.
6. Bake for 3-5 minutes or until cheese is melted. Serve with side salads.

Ingredients:

Slow Cooker Verde Chicken

- 3 large boneless skinless chicken breasts
- one 16 oz. jar salsa verde
- coconut oil spray
- 2 cups brown rice
- 2 1/2 cups chicken broth
- salt
- pepper

Directions:

1. Lightly spray crockpot with coconut oil spray.
2. Place chicken breasts in crockpot and season with salt and pepper.
3. Pour salsa over chicken.
4. Cook on high for four hours, or on low for 6-8 hours.
5. Meanwhile, cook brown rice in Instant Pot (2 cups brown rice + 2 1/2 cups broth on Manual for 22 minutes), or in a sauce pot according to package directions.
6. When cooked through, shred chicken and serve with cooked brown rice. Top with 0% Greek yogurt if desired.

Ingredients: **One Pan Garlicky Cheesy Chicken and Broccoli**

- 2 pounds boneless, skinless chicken breasts, cut into small bite-sized pieces
- 2 large broccoli crowns, chopped into florets
- 3 tablespoons olive oil or coconut oil, divided
- salt and pepper to taste
- 5 cloves garlic, finely minced
- 1 1/2 teaspoons Italian seasoning, divided
- 2 roma tomatoes, diced
- 6 oz cream cheese
- 4 oz shredded mozzarella cheese
- pinch of red pepper flakes (optional)

Directions:

1. Heat 2 tablespoons oil in a large skillet over medium heat.
2. Add chicken to skillet and season with salt and pepper and 1 teaspoon Italian seasoning. Cook until chicken is completely cooked through and white all the way through.
3. Once chicken is cooked, transfer to a plate with a slotted spoon and set aside.
4. Add additional tablespoon of oil and sauté garlic for about 1 minute or until fragrant. Add broccoli and tomatoes to the pan and season with remaining 1/2 teaspoon Italian seasoning and red pepper flakes, if desired.
5. Once the broccoli is beginning to soften, return the chicken to the pan and stir to combine the flavors.
6. Add cream cheese and stir until it's melted and distributed evenly throughout the pan.
7. Top with with shredded mozzarella and cover the pan with a lid, turning the heat to low. Once the mozzarella is melted over the top, serve.