

# Welcome!

I'm so excited you're here! Here's what's included in your printable Easy Dinner Meal Plan packet:

Page 1: Welcome (that's this page!)

Page 2: Weekly Meal Plan

Page 3: Blank Weekly Meal Plan (so you can arrange the meals to fit your schedule)

Page 4: Weekly Shopping List

Pages 5-11: Recipes

Just print, shop, and cook! You're all set, but if you have any questions let me know! You can read more about your meal plan at this link:

**Easy Dinner Meal Plans**



# Weekly Meal Plan

*Day 1*

**Breakfast:**

**Lunch:**

**Dinner:** Whole Roasted Chicken with Sautéed Green Beans

*Day 2*

**Breakfast:**

**Lunch:**

**Dinner:** Slow Cooker Frittata

*Day 3*

**Breakfast:**

**Lunch:**

**Dinner:** Low-Carb Nachos

*Day 4*

**Breakfast:**

**Lunch:**

**Dinner:** Stuffed Baked Sweet Potatoes

*Day 5*

**Breakfast:**

**Lunch:**

**Dinner:** Low-Carb Shake 'N Bake Chicken with Side Salad

*Day 6*

**Breakfast:**

**Lunch:**

**Dinner:** Low-Carb Gumbo

# Weekly Meal Plan

*Day 1*  
Breakfast:  
Lunch:  
Dinner:

*Day 2*  
Breakfast:  
Lunch:  
Dinner:

*Day 3*  
Breakfast:  
Lunch:  
Dinner:

*Day 4*  
Breakfast:  
Lunch:  
Dinner:

*Day 5*  
Breakfast:  
Lunch:  
Dinner:

*Day 6*  
Breakfast:  
Lunch:  
Dinner:

# Weekly Shopping List

## *Produce*

1 head of garlic  
1 onion  
1.5-2 pounds green beans (fresh or frozen)  
2 bunches green onions  
2 large avocados  
2 tomatoes  
1 bunch cilantro  
2 large packages sweet mini bell peppers  
2 red bell peppers or 1 red, 1 green  
1 bunch celery  
6-8 sweet potatoes (or one per person)  
lettuce

## *Meat*

1-2 whole chickens (3-4 pounds each)  
1.5 lbs. ground beef or turkey  
2-3 lbs. chicken drumettes  
2 lbs boneless skinless chicken thighs  
1 lb. large shrimp, peeled and deveined

## *Dairy*

1 6 oz. container of goat cheese  
16 oz. Mexican cheese blend  
sour cream (optional)  
0% Greek yogurt  
butter

## *Pantry*

1 package low-carb tortillas  
(optional)  
2 cans black beans  
1 quart chicken broth  
6 oz tomato paste  
1 jar of salsa  
coconut oil spray  
olive oil  
sliced or slivered almonds

## *Staples*

salt  
pepper  
1 packet taco seasoning  
cumin  
chili powder  
THM Baking Blend  
paprika  
rubbed sage  
nutritional yeast (optional)  
bay leaves  
Cajun seasoning  
all-purpose seasoning

## *Frozen*

12 oz. frozen okra

## *Deli/Cold Section*

1 dozen eggs  
1 lb. andouille sausage

# Crispy Roasted Chicken

## Ingredients (double for two chickens):

- 1 whole chicken (3-4 pounds)
- 8 cloves minced garlic
- 1 onion
- 3 Tbsp melted butter
- Salt and pepper to taste

## Directions:

1. Place the oven rack in the lowest position (make sure there's room for a roasting pan), and preheat the oven to 450 degrees.
2. Rinse the inside and the outside of the chicken, and pat dry with paper towels.
3. Lift the chicken skin and spread the minced garlic between the skin and the meat. Continue until the chicken is covered, under the skin, then use the remaining garlic to rub inside the chicken cavity.
4. Pour melted butter over the outside of the chicken skin, and season the outside of the chicken skin with salt and pepper. Cut the onion in half and stuff it into the chicken cavity. Place the chicken in a roasting pan and put the roasting pan on the low rack.
5. Bake for 1 hour. At the hour mark, check the temperature with a meat thermometer in the thickest part of the thigh (the internal temperature should be 170-180F, but please check FDA guidelines for food safety).
6. Remove the chicken from the oven and let it rest for 15 minutes before cutting and serving.

# Sautéed Green Beans

## Ingredients:

- 1.5 to 2 lbs. green beans
- 3 tablespoons olive oil
- 1/4 cup sliced or slivered almonds
- salt & pepper

## Directions:

Optional: Parboil the green beans for faster sauté time and softer green beans:

1. Bring a large pot of water to a boil.
2. Prepare a large bowl of ice water.
3. Boil green beans for 2 minutes, drain, and immediately plunge the beans into ice water.
4. Drain the beans when cool.

To Sauté:

1. Heat oil in a skillet over medium heat and add the green beans.
2. Cook 2-3 minutes, season to taste, and cook for another 2-3 minutes.
3. Remove green beans from pan and toss in a serving dish with almonds.

# Slow Cooker Frittata

## Ingredients:

coconut oil spray	½ tsp all-purpose seasoning
1/3 cup sliced green onions	1 green or red bell pepper (optional)
10 eggs, beaten well	6 oz. container goat cheese

## Directions:

1. Spray the bottom of the slow cooker with coconut oil spray.
2. Beat the eggs well, and season with all purpose seasoning
3. If using bell pepper, dice it finely and scatter it on the bottom of the slow cooker.
4. Pour the beaten eggs over the bell pepper (if using), or just into the bottom of the slow cooker. Sprinkle with goat cheese, then grind fresh black pepper over the top.
5. Cook on low for three hours.

Serving Suggestion: Serve with a big side salad or sautéed mushrooms and garlic.

# Low-Carb Nachos

## Ingredients:

Choose low-carb tortillas or sweet mini bell peppers	2 large avocados, diced
1 ½ pounds ground beef or turkey	1 jar of salsa
1 package taco seasoning	1 cup sour cream
2 cups Mexican blend grated cheese	¼ cup green onions, sliced
2 large tomatoes, diced	¼ cup fresh cilantro, chopped

## Directions:

For the “Chips”:

Low-carb tortilla version:

1. Preheat oven to 350.
2. Using a pizza cutter, slice each tortilla into 8 wedges.
3. Place the tortilla wedges on a baking sheet, spray lightly with coconut oil or avocado oil spray, and toss with salt to taste.
4. Bake for 5 minutes at 350, then flip over (carefully) using heatproof tongs or a spatula, and bake another 5 minutes. Please watch carefully for overcooking.

Mini Bell Pepper Version:

1. Slice mini bell peppers in half and de-seed them. I leave mine room temperature and crunchy – the warm taco meat makes it a perfect combination!

For the meat:

1. Cook ground beef or turkey in a pan until cooked through.
2. Add taco seasoning and 1/4 cup water; stir well and simmer 3-5 minutes.

Assemble the nachos: Arrange tortilla chips or peppers on a plate, and pile high with meat, cheese, tomatoes, avocados, salsa, sour cream, green onions, and cilantro.



# Stuffed Baked Sweet Potatoes

## Ingredients:

6-8 sweet potatoes (one per person)

1-2 cans black beans

Cumin

Chili powder

0% Greek yogurt

green onions

## Oven Directions:

1. Put a foil-lined pan on the bottom rack of your oven - this is just to catch drips from the potatoes.
2. Wash the sweet potatoes, scrubbing the outside.
3. Completely dry the potatoes and prick with a fork to let steam escape.
5. Place potatoes directly on upper oven rack and heat oven to 425°. Bake potatoes for 45 minutes to an hour. Thicker potatoes will be done closer to an hour and ten minutes.
7. After cooking time is up, turn the oven off but leave the potatoes in the oven. Let them sit in the oven for 30 minutes to an hour.
8. While the potatoes are cooking, heat 1-2 cans of black beans in a saucepan. Season with 2 teaspoons of cumin and 1 teaspoon of chili powder. Bring the black beans to a gentle boil, then reduce heat to low and simmer until potatoes are done.

## Instant Pot Directions:

1. Pour 1 cup of water into the metal insert.
2. Place the steamer rack in the instant pot and place potatoes on the rack.
3. Close the Instant Pot lid and set the valve to closed, then choose the "Manual" setting and set to 17 minutes.
5. When the 16 minutes are up, allow pressure to release naturally for at least 5 minutes, then follow manufacturer's instructions for releasing the steam.
6. While the potatoes are cooking, heat 1-2 cans of black beans in a saucepan. Season with 2 teaspoons of cumin and 1 teaspoon of chili powder. Bring the black beans to a gentle boil, then reduce heat to low and simmer until potatoes are done.

When potatoes are cooked, serve with Greek yogurt, black beans, and sliced green onions.

# Healthy Shake N' Bake Chicken

## Ingredients:

1 one whole cut-up chicken, or 2-3 pounds  
chicken drumettes, wings, or drumsticks  
1 cup Trim Healthy Mama Baking Blend  
1 teaspoon paprika  
1/2 teaspoon rubbed sage

1 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon nutritional yeast (optional)  
4 tablespoons melted butter

## Directions:

1. Preheat oven to 425 degrees.
2. Combine dry ingredients in a gallon-sized bag and shake to mix.
3. Rinse chicken well and add a few pieces at a time to the bag of seasoning mix.
4. Seal the bag and shake a few pieces at a time until coated.
5. Place the chicken pieces on a baking sheet lined with parchment paper or foil.
6. Brush melted butter onto each piece of chicken.
7. Bake until juices run clear (for wings, it's about 12 minutes each side. Drumsticks take about 20 minutes each side. Keep checking so they don't burn!)

Serve with side salad.

## Crockpot Gumbo

### Ingredients:

- 3 ½ cups chicken broth
- 1 pound andouille sausage, sliced
- 12 oz frozen okra
- 3 bay leaves
- 2 pounds boneless skinless chicken thighs, cut into small pieces
- 1 pound large raw shrimp (peeled & deveined)
- 1 diced red bell pepper (seeds removed)
- 2 ribs of celery, diced
- 8 cloves garlic, minced
- 2 Tbsp Cajun seasoning, or to taste (start with 1 Tbsp)
- 1 can 6 oz tomato paste

### Directions:

1. Add all ingredients except for shrimp to the slow cooker and stir well to combine.
2. Cook on low for 8 hours or on high for 3 hours.
3. Once the time is up, add the shrimp and cook for another 30 minutes on high.