

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

All recipes serve 6, but it's very easy to either cut recipes in half (or cook as directed and freeze half), or add more protein to a meal for more servings.

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: One Pan Italian Chicken and Vegetables

Day 2

Breakfast:

Lunch:

Dinner: Greek Stuffed Spaghetti Squash

Day 3

Breakfast:

Lunch:

Dinner: White Bean Chili

Day 4

Breakfast:

Lunch:

Dinner: Family Taco Bar

Day 5

Breakfast:

Lunch:

Dinner: Easy Pesto Chicken

Day 6

Breakfast:

Lunch:

Dinner: One Pan Chicken and Black Beans

Weekly Meal Plan

Day 1
Breakfast:
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Breakfast:
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Day 5
Breakfast:
Lunch:
Dinner:

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

3 large onions
3 zucchini
8 oz package sliced mushrooms
1 green or red bell pepper
2 or 3 medium spaghetti squash
1 pint grape tomatoes (optional)
1 head of garlic
2 bunches fresh cilantro
3 large tomatoes
1 head of lettuce
favorite veggies for side salad
2 large sweet potatoes

Produce

2 limes
1 bunch green onions

Meat

2 or 3 pounds bone-in chicken breasts
3 pounds ground beef
4 pre-cooked boneless skinless chicken breasts
OR 2 Rotisserie chickens
1 boneless skinless chicken breast per person

Dairy/Cold Section

parmesan cheese (grated or shredded)
6 oz. feta cheese
0% Greek yogurt
8 - 16 oz. sour cream for toppings
8 oz cheddar cheese for toppings
8-12 oz sliced mozzarella cheese (1-2 slices per person)
butter

Pantry

salt
Italian seasoning
ground cumin
chili powder
taco seasoning
black pepper
oregano
olive oil
balsamic vinegar
4 cans Great Northern white beans
one can mild Rotel
32 oz carton chicken broth
1 15 oz can chicken broth

Pantry (continued)

low carb tortillas (optional)
1 jar of salsa for toppings
1 jar of no-added-carbs pesto
1 can of black beans
thyme
Jamaican jerk seasoning

Frozen

corn

Other

foil

Staples

coconut oil spray

Ingredients: *One Pan Italian Chicken and Vegetables*

- coconut oil spray
- 2 or 3 lbs bone-in chicken breast halves
- 1 large onion, cut into wedges
- 3 cups zucchini, quartered and sliced
- 8 oz sliced mushrooms
- 1 red or green bell pepper, cut into 1" pieces
- salt to taste (I used 1/2 teaspoon, but you may want to start at 1/4)
- 2 teaspoons Italian seasoning
- 1/2 teaspoon oregano
- 4 Tablespoons olive oil
- 1/2 teaspoon freshly ground black pepper
- 3 Tablespoons balsamic vinegar
- 1 oz grated parmesan cheese (1/4 cup)

Directions:

1. Preheat oven to 375.
2. Spray a large roasting pan or large rimmed baking sheet with coconut oil spray.
3. Put chicken on one side of the pan with the skin facing up.
4. On the other side of the pan, spread the onions out.
5. Bake at 375 for 30 minutes, then add the peppers, zucchini, and mushrooms to the roasted onions.
6. Drizzle olive oil over chicken and veggies, then sprinkle salt and pepper over the whole pan.
7. Bake for an additional 20 minutes or until vegetables are done and chicken is cooked through.
8. Leave the veggies and juices in the pan and set chicken aside to cool.
9. Add Italian seasoning and balsamic vinegar to the veggies and juices and stir gently to combine.
10. Once the chicken is cool, shred the meat and discard the bones, then return to the vegetables.
11. Sprinkle the chicken and veggies with parmesan cheese and serve.

Greek Stuffed Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash for every 2 people (I made 3 to serve six)
- 1 pound ground beef
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- olive oil
- 6 oz feta cheese
- 1 pint grape tomatoes cut in half (optional)

Directions:

1. Preheat oven to 375.
2. Cut squash in half lengthwise and place face down on a large baking dish or baking dishes.
3. Pour 1/2" of water into the baking dish and bake for 40 minutes, or until squash is completely tender.
4. While the squash is cooking, saute ground beef in a skillet until cooked through. Season with oregano and set aside.
5. When the squash is done, set aside until cool. Once it's cool enough to touch, scoop out the seeds. Then use a fork to pull out the strings of "spaghetti." Add the spaghetti to the pan with the ground beef and stir well to combine. Then season the squash and beef with salt and pepper.
6. Place the seasoned squash and beef mixture to the empty shells of the squash. Top optional tomatoes if desired.
7. Reduce oven temperature to 350 and bake for 15 minutes.
8. Carefully remove stuffed squash from the oven, top with feta cheese and an additional sprinkle of oregano. Season with additional salt and pepper to taste if needed, then bake for 5 minutes more.

White Bean Chili

Ingredients:

- 2 teaspoons olive oil
- 1 large onion, finely diced
- 5 cloves garlic, finely minced
- 1 teaspoon dried oregano
- 1 Tablespoon ground cumin
- 1 teaspoon chili powder
- 4 cans Great Northern beans, rinsed and drained
- one can mild Rotel with juices
- 1 32 oz. carton of chicken broth
- 2 chicken breasts, cooked and cubed or shredded (pre-cooked chicken or cook your own ahead of time)
- fresh cilantro
- Greek yogurt for topping (optional)

Directions:

1. Heat oil in a large stock pot or Dutch oven over medium heat.
2. Saute onions and garlic, stirring frequently, until soft.
3. Add oregano, chili powder, and cumin and cook until fragrant (about 3 more minutes).
4. Add beans, Rotel, chicken broth, and chicken breasts, then bring to a slow boil.
5. Reduce heat to low and simmer for an additional 10 minutes.
6. Top with fresh chopped cilantro and Greek yogurt, if desired.

Family Taco Bar

Ingredients:

- 2 lbs ground beef
- 4 Tablespoons taco seasoning
- 1 cup of water
- low-carb tortillas
- fresh chopped tomatoes
- chopped lettuce
- sour cream
- grated cheddar cheese
- salsa
- chopped onions

Directions:

1. Cook ground beef, taco seasoning, and water in a large skillet over medium heat until meat is cooked through and no longer pink.
2. Serve with tortillas, tomatoes, lettuce, sour cream, cheese, salsa, and chopped onions.

Easy Pesto Chicken

Ingredients:

- 1 chicken breast per person, plus more for leftovers if desired
- 8 oz sliced mozzarella cheese
- 1 large ripe tomato, sliced
- salt and pepper to taste
- 1 jar of pesto (look for a basil pesto without added carbs)
- coconut oil spray
- your favorite veggie ingredients for a side salad if desired

Directions:

1. Preheat oven to 350 degrees.
2. Spray a large baking dish with coconut oil spray.
3. Place chicken breasts in the baking dish and spread pesto over each piece of chicken.
4. Top the pesto-covered chicken with a slice of mozzarella (use two to cover the entire piece if needed), then top with tomato slice.
5. Bake for 35 minutes or until chicken is completely cooked through. Season with salt and pepper if desired, and serve with side salad.

Ingredients:

One Pan Chicken and Black Beans

- 2 large sweet potatoes peeled and cut into 1/2" pieces
- one 15 oz. can black beans, rinsed and drained
- 2 cups shredded chicken breast, or white meat from one rotisserie chicken
- 1 can chicken broth
- 1 cup frozen corn
- 1 Tablespoon melted butter
- 1/2 teaspoon dried thyme
- 2 teaspoons Jamaican jerk seasoning
- 2 limes
- coconut oil
- 0% Greek yogurt
- 1 bunch green onions, sliced
- 1 bunch fresh cilantro, chopped

Directions:

1. Preheat oven to 375.
2. Lightly spray a casserole dish with coconut oil spray.
3. Place sweet potatoes, chicken broth, beans, chicken, corn, butter, and seasoning in the casserole dish and cover with foil.
4. Bake for 60 minutes, then remove the foil and bake for another 15 minutes. Your potatoes should be tender and the chicken broth should be mostly absorbed. If you still see liquid, you may want to let it stand for another 10-20 minutes.
5. Garnish with green onions, cilantro, and Greek yogurt if desired.