

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](#)

Special Notes

This week I included my Zuppa Toscana soup recipe, which is one of my all-time favorites. It's a little different from other versions I've tried, but my family loves it so much there are never leftovers! I hope your family loves it, too!

This week, you'll save some time if you take just 10 minutes of hands-on time and prepare some bacon and chicken breasts in the oven to use throughout the week. The last meal this week calls for hard-boiled eggs, and those are optional. But I like to make a big batch of hard-boiled eggs every Wednesday for my family to snack on - and it helps a lot to have them on hand. If you made a whole bunch for snacks ahead of time, it would be pretty easy to toss some in the salad if you'd like to!

Check out the Sweet Potato Bar ideas this week before you go shopping. That way you can all enjoy the most! I hope you have an amazing week!



Jen

Weekly Meal Plan

Day 1

Breakfast:

Lunch:

Dinner: Creamy Buffalo Chicken Casserole

Day 2

Breakfast:

Lunch:

Dinner: Mexican Stuffed Peppers

Day 3

Breakfast:

Lunch:

Dinner: Jen's Zuppa Toscana

Day 4

Breakfast:

Lunch:

Dinner: Slow Cooked Lemon Garlic Chicken

Day 5

Breakfast:

Lunch:

Dinner: Sweet Potato Bar

Day 6

Breakfast:

Lunch:

Dinner: Chicken Avocado Caesar Salad

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

6 red or green bell peppers
1 red onion
1 white or yellow onion
1 head of garlic
8 oz mushrooms
1 large bunch fresh kale
2 lemons
1 bunch green onions
tomatoes (optional)
3 heads romaine lettuce
1 avocado

Pantry

buffalo sauce
2 cans diced tomatoes
ground cumin
chili powder
salt
pepper
oregano
1 quart of chicken broth
barbecue sauce (optional, for other family members)
1 can black beans (optional)
1 bottle Caesar salad dressing (under 2 grams of carbs)

Produce

favorite salad ingredients for side salads

Meat

6 boneless skinless chicken breasts
1 lb chicken tenders
2 pounds ground beef
1 lb bacon
1 lb Italian sausage, loose (not in casings)
1 rotisserie chicken

Pantry (continued)

garlic powder
dried parsley

Frozen

favorite frozen veggies for a side dish
12 oz. frozen riced cauliflower
12 oz. frozen cauliflower florets
1 or 2 packages frozen broccoli for side dish

Staples

coconut or olive oil spray

Dairy/Cold Section

1 8 oz. package cream cheese
1 1/2 lbs. cheddar cheese
12 oz heavy cream
sour cream (optional)
butter
0% Greek yogurt
8 oz shaved parmesan cheese
3 eggs

Other

foil
parchment paper (optional)

Creamy Buffalo Chicken Casserole

Ingredients:

- olive oil or coconut oil cooking spray
- 1/2 cup buffalo sauce
- 3 cooked, shredded chicken breasts
- 12 oz. frozen riced cauliflower, thawed and drained
- 1 package room temperature cream cheese
- 12 oz cheddar cheese, grated and divided
- favorite frozen veggies or ingredients for side salad

Directions:

1. Preheat oven to 375.
2. In a large bowl, combine chicken, cauliflower, cream cheese, buffalo sauce, and 8 oz (1 cup) of the cheddar cheese.
3. Spray a 9 x 13 casserole dish with coconut oil spray or olive oil spray.
4. Spread the mixture in the pan (it will be very thick), and top with remaining 4 oz (1/2 cup) of cheddar cheese.
5. Cover with foil and bake for 30 minutes, then remove foil and bake for an additional 10 minutes or until bubbly and just starting to brown a bit.

Serve with side salad or steamed frozen veggies.

Mexican Stuffed Peppers

Ingredients:

- 6 green or red bell peppers, cut in half lengthwise (to make "boats") and seeded
- 2 pounds ground beef
- 1 red onion, chopped
- 8 oz mushrooms, chopped finely or processed in a food processor
- 1 1/2 Tablespoons ground cumin
- 1 1/2 Tablespoons chili powder
- 3/4 teaspoon salt (I started with 1/2 teaspoon and added a bit more, but add to taste)
- 1 can diced tomatoes
- olive oil or coconut oil cooking spray
- 1 cup cheddar cheese, grated

Directions:

1. Preheat oven to 350 degrees.
2. Place cut and hollowed out peppers in a microwave safe dish and add 1/2 cup water. Cover and microwave for 3 minutes or until the peppers are a brighter color and getting soft. You may need to do this in batches.
3. Cook ground beef, chopped onion, mushrooms, and seasoning in a skillet or until ground beef is cooked through and all flavors are combined - about ten minutes.
4. Drain the grease from the pan and add the can of diced tomatoes, then cook for an additional 3-4 minutes.
5. While the tomatoes are heating with the ground beef, spray a 9x13 casserole dish with coconut or olive oil cooking spray.
6. Place the microwaved bell pepper halves in the casserole dish and spoon beef mixture into each half.
7. Sprinkle the tops of each pepper half with cheddar cheese and bake for about 30 minutes, or until cheese is melted.

Jen's Zuppa Toscana

Ingredients:

- 6 slices of bacon
- 1 pound of loose Italian sausage
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 quart of chicken broth
- 12 oz package cauliflower florets
- salt and pepper to taste
- 3 cups kale, rinsed and chopped
- 12 oz (1 1/2 cups) heavy cream

Directions:

1. To cook the bacon, lay it out in individual slices on a parchment or foil-lined baking sheet. Place the baking sheet in a cold oven, set the temperature to 400 degrees, and cook for 15-20 minutes or until it is cooked through and each slice is covered in tiny bubbles. When the bacon is cooked, use tongs to transfer the bacon slices to paper towels to drain and cool.
2. While the bacon is cooking, cook the Italian sausage in a large sauce pot or stock pot over medium heat until completely cooked through. Break the sausage up with a spoon while it's cooking so it's in small pieces. Transfer the sausage to a paper towel-lined plate with a slotted spoon, and set aside.
3. With the sausage grease still in the pan, lower the heat to medium/low and add chopped onions. Sautee the onions for about four minutes before adding minced garlic. Cook until onions are translucent, stirring frequently.
4. Add the chicken stock and bring to a low boil, then add cauliflower florets and boil for about 10 minutes or until florets are cooked and tender.
5. Add the sausage back to the pot along with the kale and stir for 1-2 minutes or until the kale begins to wilt.
6. Add the heavy cream and stir gently, then simmer for 3-4 minutes or until heated through.
7. Season with salt and pepper to taste.
8. Serve with chopped bacon on top as a garnish.

Ingredients: **Slow Cooked Lemon Garlic Chicken**

- 2 pounds boneless skinless chicken breasts
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon oregano
- 3 cloves of garlic, minced
- juice of 2 lemons
- 1/4 cup of water
- 1 or 2 packages frozen broccoli

Directions:

1. Melt the butter in a large skillet.
2. While butter is melting, season the chicken breasts on both sides with salt, pepper, and oregano.
3. Brown the chicken breasts on both sides in the melted butter, then transfer the chicken to a slow cooker with a slotted spoon.
4. Add garlic, lemon juice, and water to the slow cooker.
5. Cook on low for 4-5 hours, brushing lemon juice liquid over chicken before serving.
6. Steam broccoli according to package directions and toss with butter, salt, and pepper to taste.

Ingredients:

- 1 sweet potato per person
- steamed broccoli
- sliced green onions
- fresh tomatoes, chopped
- salt, pepper, other favorite seasonings to taste

Sweet Potato Bar

for Mamas in Weight-Loss Mode:

- white meat from rotisserie chicken
- 0% Greek yogurt
- small serving cooked black beans

for the Rest of the Family:

- leftover taco meat if you have it
- dark meat from rotisserie chicken
- sour cream
- butter
- grated cheese
- barbecue sauce

Directions:

1. Preheat oven to 400 degrees.
2. Scrub the sweet potatoes and pierce with a fork in several places.
3. Place the sweet potatoes on a rimmed baking sheet and bake for 50 minutes to an hour, or until soft and cooked through.
4. Microwave or re-heat chicken, beans, and broccoli (if using).
5. Set up the potato bar and place ingredients out so everyone can make their own sweet potatoes.

Flavor Combos for Mamas:

*Chicken & broccoli

*Black beans, green onions, tomatoes, chicken, & taco seasoning

*Anything else with lean ingredients that tastes good!

Bonus Idea: Sweet Sweet Potato: 1 teaspoon butte & 1 teaspoon THM Gentle Sweet with chicken on the side for protein

Flavor Combos for the Family:

*Mexican: Taco meat (or rotisserie chicken + taco seasoning), sour cream, cheese, & beans

*Chicken, barbecue sauce, & broccoli

Ingredients:

Chicken Avocado Caesar Salad

- 1 pound chicken tenders
- 3 heads romaine lettuce, chopped or torn into bite-sized pieces
- 1 avocado, diced
- 6 slices bacon, cooked, cooled, and chopped
- 3 hard-boiled eggs, chopped (optional)
- 1 Tablespoon garlic powder
- 2 Tablespoons dried parsley
- 1 bottle Caesar dressing under 2 grams of carbs
- pinch of salt
- 3/4 cup shaved or freshly grated parmesan cheese
- coconut oil or olive oil spray

Directions:

1. To cook the bacon, lay it out in individual slices on a parchment or foil-lined baking sheet. Place the baking sheet in a cold oven, set the temperature to 400 degrees, and cook for 15-20 minutes or until it is cooked through and when each slice is covered in tiny bubbles. When the bacon is cooked, use tongs to transfer the bacon slices to paper towels to drain and cool.
2. Heat a large skillet over medium heat and spray with coconut oil spray or olive oil spray.
3. Season chicken on both sides with garlic powder, parsley, and salt.
4. Brown the chicken on both sides and pan fry until cooked through.
5. Set the chicken aside and cover loosely with foil while you assemble the salad.
6. Place the lettuce in a large bowl and arrange ingredients in sections across the top - diced avocado, chopped hard-boiled eggs, parmesan, and finally, chicken.
7. Toss the salad with the dressing at the table and serve.