

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 5-12: 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: Drumsticks with Green Beans

Day 2

Breakfast:

Lunch:

Dinner: Tex Mex Chicken Bake

Day 3

Breakfast:

Lunch:

Dinner: Pizza Chicken in a Pan

Day 4

Breakfast:

Lunch:

Dinner: Low Carb Nachos

Day 5

Breakfast:

Lunch:

Dinner: Chicken Philly "Cheesesteak" Bowls

Day 6

Breakfast:

Lunch:

Dinner: Big Mac 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

2 large lemons
1 pound fresh green beans
2 packages sweet mini bell peppers
4 large roma tomatoes
2 large avocados
1 bunch green onions
1 bunch fresh cilantro
2 green bell peppers
2 white onions
1 head of garlic
your favorite veggies for side salads
3 heads romaine lettuce

Meat

1 large package chicken drumsticks (at least 2 per person)
1 rotisserie chicken or equivalent of 2 cooked chicken breasts
2 pounds chicken tenders
3 pounds ground beef
1 and 1/2 pounds boneless skinless chicken breasts

Dairy/Cold Section

2 sticks of butter
8 oz. mozzarella or Monterey jack cheese
8 oz. cheddar cheese
2 cups Mexican blend grated cheese
1 container sour cream
1 package sliced provolone

Pantry

dried oregano
paprika
parsley
salt
pepper
garlic powder
chili powder
cumin
Italian seasoning
1 pound brown rice
1 can of pinto beans
1 can red enchilada sauce
10 oz mild Rotel

Pantry (continued)

1 small jar no-sugar-added marinara
1 small green can parmesan
1 package pepperoni slices
low-carb tortillas (optional)
1 package taco seasoning
1 jar of salsa
salad dressing
mayonnaise
white vinegar
dill pickles
yellow mustard
pure stevia extract (optional)

Frozen

your favorite frozen veggies

Other

gallon-sized ziploc bags

Staples

coconut or olive oil spray
olive oil

Chicken Drumsticks

Ingredients:

- 1 large package chicken drumsticks (at least 2 per person)
- 2 large lemons, juiced and zest removed and set aside
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 teaspoons garlic powder
- 1/3 cup olive oil
- gallon sized ziploc bags

Directions:

1. Combine lemon juice, seasoning, and oil a mixing bowl and whisk thoroughly.
2. Divide the mixture between two gallon-sized ziploc bags and add the chicken to the two bags, tossing to coat each piece.
3. Marinade 3 hours or overnight.
4. Preheat oven to 425 degrees.
5. Set the chicken out to come to room temperature for 20-30 minutes, then arrange the chicken in a single layer on a large baking sheet.
6. Bake for 25 minutes, then flip and bake for an additional 10 minutes or until juices run clear and chicken is cooked through.

Green Beans

Ingredients:

- 1 pound fresh green beans
- cooking spray
- salt
- pepper
- butter

Directions:

1. Bring a large pot of water to a boil.
2. Boil green beans for 7 minutes, drain, and toss with melted butter, salt, and pepper.

Air Fryer Directions:

1. Rinse green beans and dry them.
 2. Using kitchen shears, cut the ends off the green beans.
 3. Spread green beans out on a cutting board and spray with olive oil cooking spray or coconut oil cooking spray.
 4. Place green beans into a mixing bowl and season with salt and pepper.
 5. Lay green beans in Air Fryer basket in a single row (you want them in a row because they will turn out crispier).
 6. Cook for 8 minutes at 400 degrees. Give your basket a shake half way through.
- The ends of the green beans will start to brown once they are fully cooked.

Tex Mex Chicken Bake

Ingredients:

- 2 large cooked and shredded chicken breasts
- 2 cups cooked brown rice
- 1 can of pinto beans
- 10 oz enchilada sauce
- 10 oz mild Rotel
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder

Directions:

1. Preheat oven to 350.
2. Mix all ingredients together. Add more seasoning if desired.
3. Spread in a 9 x 13 baking dish and cook for 35 minutes.

Tip: Prep chicken breasts or brown rice ahead of time for an easy meal. You can use leftovers for a burrito bowl lunch during the week.

Instant Pot Chicken:

From Frozen: Place frozen chicken breasts in the metal insert for the Instant Pot. Add one cup of chicken broth. Set the pressure cooker at 12 minutes on HIGH. After the 12 minutes are up, let the pressure release naturally for five minutes.

Instant Pot Brown Rice:

Place 2 cups uncooked brown rice in the metal insert for the Instant Pot. Add 2 1/2 cups chicken broth, then set the Instant Pot at 22 minutes on HIGH. Let the pressure release naturally (I've used Quick Release here with no problems, as well)

Pizza Chicken in a Pan

Ingredients:

- 2 lbs. chicken tenders, sliced thinly
- 1 small jar no-sugar-added marinara sauce
- 8 oz grated mozzarella or monterey jack cheese
- green can parmesan cheese
- 1 package of pepperoni slices
- 1 teaspoon dried oregano
- coconut oil or olive oil cooking spray
- ingredients for side salad, if desired

Directions:

1. Let the chicken come to room temperature for 20 minutes, then pat dry with paper towels.
2. Preheat oven to 350 degrees and heat an oven-safe sautee pan or cast iron pan over medium heat and spray with cooking spray (if you don't have an oven-safe pan, you can start it in a skillet, then transfer to a greased casserole dish).
3. Cook the chicken in the pan for 4 minutes on each side, then pour marinara sauce over the chicken.
4. Place the pan into the pre-heated oven and cook for 20-25 minutes or until chicken is cooked through.
5. Carefully remove hot pan from oven and top with grated cheese, then pepperoni. Shake parmesan cheese over the top of the chicken and then sprinkle oregano over each piece.
6. Cover the pan with foil and bake for an additional 10 minutes or until cheese is melted.

Ingredients:

Low Carb Nachos

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

Ingredients:

Chicken Philly "Cheesesteak" Bowls

- 1 1/2 lbs boneless skinless chicken breasts cut into small strips
- 2 tablespoons butter
- 1 package sliced provolone cheese
- 1/4 teaspoon parsley
- 1/2 teaspoon salt (may add more to taste)
- 1/4 teaspoon pepper
- 1 teaspoon Italian Seasoning
- 2 green bell peppers, sliced
- 1 large onion, sliced
- 3 cloves garlic, minced
- ingredients for side salad or steamed frozen veggies, if desired

Directions:

1. Melt one tablespoon of butter in a hot, oven-safe skillet and saute peppers and onions until peppers are soft and onions are translucent. Add garlic and saute for an additional two minutes.
2. Remove peppers, onions, and garlic from the pan with a slotted spoon and set aside.
3. Add remaining tablespoon of butter and place the chicken in the pan.
4. Season the chicken with salt, pepper, and Italian seasoning.
5. Sear on each side, then cook through. I like to cut into each piece to make sure it is completely cooked.
6. Add the peppers, onions, and garlic back to the pan to reheat.
7. Place sliced provolone over the chicken and veggies, making sure to cover the entire dish, then transfer to oven and broil for 2-3 minutes or until cheese is melted and bubbly.
8. Serve with side salad or steamed frozen veggies if desired.

Ingredients:

Copycat Big Mac Salad

- 3 heads of romaine lettuce, torn into bite-sized pieces
- 2 roma tomatoes, seeded and diced
- 1.5 pounds ground beef
- salt and pepper to taste
- 1 cup grated cheddar cheese
- finely chopped white onion (optional)
- 1 cup mayonnaise
- 2 teaspoons white vinegar
- 4 Tablespoons finely diced pickles
- 4 teaspoons mustard
- 1 teaspoon paprika
- tiny pinch of pure stevia extract

Directions:

1. Saute ground beef in a skillet until cooked through. Season well with salt and pepper to taste.
2. In a large bowl, toss lettuce, tomatoes, and cheddar cheese.
3. In a small bowl, make the dressing: Whisk mayonnaise, vinegar, pickles, mustard, paprika, and optional stevia extract.
4. Top the salad with ground beef and onions (optional). Serve with dressing.