

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: Low-Carb Fajita Bake

Day 2

Breakfast:

Lunch:

Dinner: Chicken Parm with Zoodles

Day 3

Breakfast:

Lunch:

Dinner: Shrimp Scampi

Day 4

Breakfast:

Lunch:

Dinner: Sriracha Egg Roll in a Bowl

Day 5

Breakfast:

Lunch:

Dinner: Easy Mexican Quinoa

Day 6

Breakfast:

Lunch:

Dinner: Greek Chicken with Rice

Weekly Meal Plan

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

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

3 bell peppers (1 red, 1 green, 1 yellow)
avocado (optional for topping)
2 heads of garlic
6-8 zucchini for zoodles
favorite ingredients for 2 side salads
1 lemon
1 lime
1 bunch fresh parsley
1 bunch green onions
1 small chunk fresh ginger
3 bags coleslaw mix
8 oz mushrooms
8 oz grape tomatoes

Pantry

salt
pepper
paprika
cumin
chili powder
1 teaspoon Greek seasoning
garlic powder
24 oz. quinoa
1 lb. brown rice
1 can artichokes

Pantry (continued)

low-carb tortillas (optional)
salsa
1 can mild or medium Rotel
1 can of black beans
1 jar no-sugar-added marinara
2 quarts chicken broth
soy sauce
rice wine vinegar
sriracha sauce
mayonnaise
sesame oil

Meat

12 boneless skinless chicken breasts
2 pounds chicken tenders or additional breasts
2 pounds jumbo shrimp
1.5 pounds ground beef or pork

Dairy/Cold Section

12 oz. pepper jack cheese
sour cream (optional topping)
12 oz fresh mozzarella
unsalted butter
0% Greek yogurt

Frozen

1 package frozen cauliflower rice
1 package frozen corn

Staples

coconut or olive oil spray
olive oil

Other

parchment paper
veggie spiralizer (if you don't have one, you can cross zucchini off of the list and buy pre-spiraled zucchini)

Low-Carb Fajita Bake

Ingredients:

- 6 boneless, skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- coconut oil or olive oil cooking spray
- 3 bell peppers (1 red, 1 yellow, 1 green), sliced
- 1 1/2 cups pepper jack cheese, shredded or cut into chunks or strips
- sour cream, low-carb tortillas, avocado, and salsa for topping (all optional)

Directions:

1. Preheat oven to 400 degrees.
2. Spray a 9 x 13 casserole dish with cooking spray.
3. Season both sides of chicken breasts with seasoning and arrange in the bottom of the casserole dish.
4. Arrange sliced bell peppers over the top of the chicken in a single layer. If you have too many for a single layer, you can arrange the rest around the sides of the chicken or on a separate baking sheet if there is room.
5. Sprinkle cheese on top of the bell peppers.
6. Bake at 400 degrees for 30 minutes or until chicken is completely cooked through and juices are clear. Depending on the thickness of my chicken breasts, sometimes this takes up to 45 minutes in my oven, but times may vary in yours.
7. Serve with sour cream, low-carb tortillas, avocado mashed with salt, and salsa if desired. This is also great to chop and serve over a big salad!

Chicken Parm with Zoodles

Ingredients:

- 6 thin pieces of boneless, skinless chicken breasts or 2-3 pounds chicken tenders
- 2 tablespoons olive oil
- 2 cups no-sugar-added marinara
- 12 oz fresh mozzarella, sliced
- salt and pepper to taste
- 5 garlic cloves, minced

Directions:

1. Start on Zoodles as directed on the next recipe card.
2. Heat oil in a large skillet over medium heat and saute the minced garlic for about one minute.
3. Add the chicken to the skillet and season with salt and pepper. Cook for 3-4 minutes, then flip it over and season it again.
4. Cook for an additional 3-4 minutes or until light golden brown.
5. Using a slotted spatula, carefully transfer the chicken to a parchment-lined baking sheet. Cover each piece of chicken with 1/4 cup marinara sauce, then sliced mozzarella.
6. Broil on high for 3 minutes or until chicken is completely cooked through and cheese is bubbly.
7. Serve over Zoodles with additional marinara.

Zoodles

Ingredients:

- 6-8 zucchini (this makes a huge pile of zoodles to serve 8, you can make less if needed)
salt
- veggie spiralizer

Directions:

1. Follow spiralizer instructions to make zucchini noodles.
2. Spread zucchini noodles out on paper towels, lightly salt, and cover with another layer of paper towels, lightly pressing down to make sure paper towels will absorb liquid.
3. After 15 minutes to an hour (the longer the better), roll up the whole bundle of zucchini noodles and paper towels and gently squeeze or press to get more moisture out.
4. Heat a skillet or pan over medium-high heat. Add 1 tablespoon of oil and stir-fry for 4-5 minutes in batches. Alternatively, you can microwave in a microwave-safe covered dish in batches for 2-3 minutes or until hot and cooked through. Salt to taste.

Shrimp Scampi

Ingredients:

- 3 tablespoons unsalted butter
- 2 tablespoons olive oil
- 4 oz. chicken broth
- juice of 1 lemon
- salt and pepper to taste
- 2 pounds jumbo shrimp, peeled and deveined (tail on is fine if you don't mind it!)
- 1/4 cup chopped fresh parsley
- 6 garlic cloves, minced
- favorite salad ingredients for side salad, if desired
- 1 package frozen cauliflower rice, cooked according to package directions and seasoned with butter, salt and pepper

Directions:

1. Melt butter and oil together in a large skillet.
2. Add garlic and stir 1-2 minutes.
3. Add the shrimp to the pan and season with salt and pepper. Cook on each side for 2 minutes.
4. Add 4 oz. (1/2 cup) chicken broth and lemon juice and simmer an additional 2 minutes.
5. Melt additional butter and pour over shrimp if desired (I like mine extra buttery, but this is a personal taste issue so do what feels right). Serve over cauli rice (optional) and/or with a side salad.

Ingredients:

- 3-4 Tablespoons sesame oil
- 1 bunch green onions, sliced
- 6 cloves minced garlic
- 1 heaping teaspoon fresh grated ginger
- 3 bags coleslaw mix
- 1.5 pounds ground beef or pork (my favorite is a combination of the two)
- 5 Tablespoons soy sauce
- 1 Tablespoon rice wine vinegar
- salt and pepper to taste (at least 1/2 tsp of each)
- sriracha sauce
- mayonnaise

Sriracha Egg Roll in a Bowl

Directions:

1. Heat sesame oil in a large skillet over medium heat.
2. Add the white parts of the green onions (reserve the green parts) and fresh garlic to the hot skillet.
3. Saute 2-3 minutes or until garlic is fragrant and white parts of onions are translucent.
4. Add ground beef or pork and fresh ginger to the skillet, and brown the meat until cooked through.
5. Add coleslaw mix, soy sauce, vinegar, salt, and pepper. Cook until cabbage is cooked down, about 7 minutes.
6. Stir everything together so the flavors combine, and turn heat to low while you make the creamy sriracha sauce.

For the Sriracha sauce:

1. Mix 2/3 cup mayonnaise with 2 Tablespoons sriracha sauce. Add more sriracha sauce to taste if you like a spicier flavor.
2. I like to pipe the sriracha over the top of each bowl in a swirl with a piping bag (a ziploc bag with the tip cut off works just as well). Garnish with sliced green parts of the onion and serve. You can omit the sriracha sauce if you prefer.

Ingredients:

Easy Mexican Quinoa

- 3 cups uncooked quinoa
- 6 cups chicken broth
- 1 teaspoon salt
- 1 can mild or medium Rotel
- one 15 oz. can black beans, rinsed and drained
- 1/2 cup frozen corn, thawed and drained
- juice of one lime
- 1/2 to 1 teaspoon chili powder
- 1/2 to 1 teaspoon cumin
- 1/4 teaspoon garlic powder
- salt and pepper to taste
- 0% Greek yogurt and salsa for topping (optional)

Directions:

1. Rinse your quinoa in a fine meshed colander and drain completely.
2. Put water, quinoa, and salt in a large sauce pan. Bring to a boil, then reduce heat to low.
3. Cover and simmer until quinoa has popped and all of the liquid is absorbed (15-20 minutes).
4. Stir in beans, thawed corn, lime juice, Rotel, and seasoning until warmed through.
5. Stir in seasonings and adjust to taste - I always add more seasoning, but see how you like it and adjust accordingly.
6. Serve in bowls with Greek yogurt and salsa.

Ingredients:

Greek Chicken with Rice

- 1 pound brown rice, cooked according to package directions
- 2 pounds boneless, skinless chicken breasts or tenders
- salt and pepper to taste
- 8 oz grape tomatoes
- 1 can chopped artichoke hearts, drained
- 1 teaspoon Greek seasoning, or more to taste
- 8 oz mushrooms, chopped
- Coconut oil or olive oil cooking spray

Directions:

1. Lightly spray a large skillet with coconut oil or olive oil cooking spray.
2. Add the chicken and season lightly with salt and pepper.
3. Cook the chicken for 4-5 minutes on each side or until chicken is completely cooked through. Transfer to a plate and set aside.
4. Spray the pan again if needed and add the mushrooms. Saute for about 3-4 minutes or until mushrooms are softening and turning brown.
5. Turn heat to low and add tomatoes and artichoke hearts, cooking for another 5 minutes or until tomatoes wilt.
6. Return chicken to pan and season the entire dish with Greek seasoning to taste.
7. Serve over brown rice.