

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: Stir Fry

Day 2

Breakfast:

Lunch:

Dinner: Crockpot Chicken Enchilada Bowls

Day 3

Breakfast:

Lunch:

Dinner: Brazilian Fish Stew

Day 4

Breakfast:

Lunch:

Dinner: Italian Chicken

Day 5

Breakfast:

Lunch:

Dinner: Fried Rice (you'll want to pre-cook your rice for this recipe)

Day 6

Breakfast:

Lunch:

Dinner: Easy Crockpot Carnitas

Weekly Meal Plan

Day 1
Breakfast:
Lunch:
Dinner:

Day 2
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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 heads of garlic
1 medium onion (white or yellow)
2 small white onions
1 small yellow onion
1 broccoli crown
4 red bell peppers
8 oz mushrooms
3 bunches green onions
lettuce
4 avocados
3 limes
1 bunch of fresh cilantro

Produce

ingredients for side salads
fresh basil (optional, for garnish)

Dairy/Cold Section

16 oz sour cream, for toppings
1 pound cheddar cheese
12 oz mozzarella cheese
2 pre-cooked chicken breasts, or breasts from 1 rotisserie chicken
4 eggs

Meat

3 1/2 pounds boneless, skinless chicken thighs
4 large boneless skinless chicken breasts
1 pound of white fish (halibut, cod, or tilapia)
2-3 pound boneless pork shoulder

Pantry

soy sauce or liquid aminos
rice wine vinegar
sesame oil
15 oz can enchilada sauce
4 oz can diced green chiles
1 can diced tomatoes
1 jar no-sugar added marinara sauce
2 cans of coconut milk
1 jar of salsa
low-carb tortillas (optional)

Pantry (continued)

ground ginger
crushed red pepper flakes
salt
pepper
minced garlic
cumin
chili powder
dried oregano
paprika
Italian seasoning
2-3 pounds brown rice

Frozen

1 package cauliflower rice
10 oz. frozen peas and carrots

Other

Staples

coconut oil
coconut oil spray
olive oil

Stir-Fry

Ingredients:

- 1 1/2 pounds boneless, skinless chicken thighs
- 3 cloves of garlic, minced
- 1 tsp ground ginger
- 2 tablespoons soy sauce or liquid aminos
- 1 tablespoon rice wine vinegar
- 1 medium onion, diced
- 1 broccoli crown, chopped
- 1 red bell pepper, seeded and diced
- 8 oz mushrooms, chopped
- 2 Tablespoons sesame oil
- pinch of red pepper flakes (optional)
- green onions for topping (optional)
- coconut oil spray
- salt and pepper
- rice cooked according to package directions for other family members (optional)
- cauliflower rice cooked according to package directions for those desiring a low-carb meal

Directions:

1. Spray a skillet with oil spray.
2. Season chicken thighs with salt and pepper on both sides and arrange in a single layer in the skillet.
3. Cook for 5 minutes without touching them; then flip and cook for an additional 5 minutes.
4. When chicken is cooked through, move the chicken to a plate with a slotted spoon and set aside.
5. Heat 2 tablespoons of sesame oil in the skillet, then add onions, garlic, and ground ginger and cook for 3-4 minutes or until onions are translucent.
6. Once the onions are cooked, add broccoli, bell pepper, and mushrooms.
7. Season the vegetables with salt and pepper to taste (add pinch of red pepper flakes if you'd like to).
8. Cook for 5-6 minutes or until vegetables reach desired doneness.
9. Add soy sauce and rice wine vinegar and cook for an additional 3 minutes.
10. Add more salt and pepper and/or soy sauce to taste, if desired.
11. Chop cooled, cooked chicken thighs and return to the skillet until heated through.
12. Scoop the chicken and veggies into bowls and serve with green onion garnish.
13. Family members not trying to lose weight can eat theirs over cooked rice, or use cauliflower rice for a low-carb addition.

Crockpot Chicken Enchilada Bowls

Ingredients:

- 2 pounds boneless skinless chicken thighs
- salt and pepper to taste
- 3 Tablespoons coconut oil
- 1 15 oz. can enchilada sauce
- 1 small white onion, chopped
- 3/4 cup water
- one small can diced green chiles
- sour cream
- grated cheddar cheese
- lettuce
- diced avocado

Directions:

1. Heat coconut oil in a skillet and brown chicken thighs on both sides.
2. Transfer the browned chicken thighs to a crockpot with a slotted spoon.
3. Saute onions in the remaining coconut oil. When translucent, transfer the onions to the crockpot as well.
4. Add enchilada sauce, water, and diced green chiles to the crockpot and cook on low for 6-8 hours.
5. Shred the chicken with two forks and serve chicken and sauce in bowls over lettuce. Top with sour cream, cheddar, and diced avocado.

Brazilian Fish Stew

Ingredients:

- 1 pound white fish filets, de-boned (I like cod or halibut, but I've used tilapia, too)
- juice from 1 lime
- 1 small yellow onion, diced
- 2 red bell peppers, diced
- 1 can diced tomatoes, drained
- 2 teaspoons of minced garlic
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 cans of coconut milk
- coconut oil
- 1 bunch of fresh cilantro, chopped (optional)

Directions:

1. In a small bowl, combine lime juice, garlic, cumin, paprika, salt and pepper. Smear fish on both sides with seasoning mixture and refrigerate for 20 minutes.
2. Melt the coconut oil in a large soup pot or dutch oven over high heat.
3. Saute onions 3 minutes or until translucent.
4. Reduce heat to medium and add bell peppers, tomatoes, garlic, and fish.
5. Pour 1 can of the coconut milk into the pot and simmer for 20 minutes.
6. Add cilantro, if using, and cook for an additional 5-10 minutes or until cilantro is wilted.
7. At this point, add more salt and pepper if needed after tasting. I usually add a little more seasoning, but adjust the seasoning to your family's tastes.
8. Serve the stew with crushed red pepper flakes at the table for those that would like to spice it up.

Italian Chicken

Ingredients:

- 4 large boneless skinless chicken breasts or 6 thinner chicken breasts
- 1 Tablespoon Italian seasoning
- salt and pepper to taste
- 1 teaspoon paprika
- 1 jar no-sugar-added spaghetti sauce
- 1 1/2 cups shredded mozzarella cheese
- ingredients for side salad, if desired
- coconut oil spray
- fresh basil for garnish (optional)

Directions:

1. Slice chicken into cutlets (thinner pieces to cook more easily) and season on both sides with Italian seasoning, paprika, and salt and pepper.
2. Spray an oven-safe pan with coconut oil and heat on the stovetop over medium heat.
3. Preheat broiler to high.
4. Place chicken pieces in the pan and cook until cooked through and browning on both sides (about 8-10 minutes).
5. Reduce heat to low and let the chicken and pan cool a bit before pouring the sauce over the chicken (watch out for splatters!).
6. Let the chicken simmer in the sauce over low heat for about 5 minutes.
7. Sprinkle shredded mozzarella over each piece of chicken and move the oven-safe pan to the oven, broiling for 2-3 minutes or until cheese just barely starts to brown.
8. Serve topped with chopped fresh basil, if desired.

Ingredients:

- 2 tablespoons sesame oil
- 10 oz package frozen peas & carrots, thawed
- 1 small white onion, diced
- 6 cloves minced garlic
- 1 cup green onions, green parts only sliced
- 2 pre-cooked, chopped chicken breasts

Fried Rice

- 2 pounds brown rice, cooked according to package directions
- 4 tablespoons soy sauce or liquid aminos
- 1 tablespoon rice wine vinegar
- 4 egg whites, lightly whisked with a fork, seasoned with salt and pepper
- salt and pepper to taste

Directions:

1. Heat 1 tablespoon sesame oil in a large skillet over medium heat.
2. Add the white onions and garlic, then saute for five minutes.
3. Add remaining tablespoon of sesame oil to the skillet and add the rice, stirring until heated through.
4. Add thawed peas and carrots, cooked chicken, soy sauce, and rice wine vinegar. Stir well, and cook for an additional 3-4 minutes or until all ingredients are heated through.
5. Push fried rice over, lightly spray empty section of the pan with coconut oil spray, and pour egg whites into the pan. Cook the egg whites until scrambled and cooked through, then break up with a spatula and stir to mix in to the rest of the fried rice.
6. Serve rice with a garnish of chopped green onions.

Ingredients:

Easy Crockpot Carnitas

- 2 or 3 lbs. boneless pork shoulder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 2 teaspoons dried oregano
- 4 cloves of garlic, chopped
- juice of 2 limes
- 2 Tablespoons olive oil
- sour cream
- cheese
- salsa
- diced avocado
- low-carb tortillas (optional)

Directions:

- 1.1. Rub salt and pepper all over the pork shoulder.
2. In a small bowl, mix chili powder, cumin, and oregano with olive oil and lime juice.
3. Rub spice mixture all over the pork and place in crockpot.
4. Sprinkle garlic over the top of the pork.
5. Cook on low for 7-8 hours or on high 3-4 hours, or until cooked through and tender.
6. Remove the meat from the crockpot and let it cool a bit.
7. While the meat is cooling, preheat your oven broiler to high.
8. Place the pork on a baking sheet and shred with two forks.
9. Brown under the broiler for 2-4 minutes, watching closely, or until the tips are turning just a little brown.
10. Serve in low-carb tortillas or over a salad, piled high with sour cream, cheese, salsa, up to 1/2 an avocado, if desired.