

# *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:** Family Cobb Salad

*Day 2*

**Breakfast:**

**Lunch:**

**Dinner:** Crockpot Chicken Tinga Tacos

*Day 3*

**Breakfast:**

**Lunch:**

**Dinner:** Chicken Divan Casserole

*Day 4*

**Breakfast:**

**Lunch:**

**Dinner:** 5 Minute Dinner (no-recipe recipe)

*Day 5*

**Breakfast:**

**Lunch:**

**Dinner:** Stovetop Stuffed Pepper Rings

*Day 6*

**Breakfast:**

**Lunch:**

**Dinner:** Italian Pot Roast

# 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*

4 heads romaine lettuce  
1 pint grape tomatoes  
1 white onion  
1 yellow onion  
1 head of garlic  
2-3 avocados for toppings  
1 lemon  
1 red bell pepper per person + 1 extra

## *Meat*

1 pound bacon  
3 pounds boneless, skinless chicken thighs  
2-3 rotisserie chickens (1 for cream of chicken soup, and 1-2 for 5 minute dinner)  
1 pound breakfast sausage  
3 1/2 pound chuck roast

## *Dairy/Cold Section*

2 dozen eggs  
5 pre-cooked chicken breasts (or raw chicken to cook at home)  
sour cream  
1 1/2 pounds cheddar cheese  
butter  
8 oz heavy cream  
8 oz grated parmesan cheese  
12 oz sliced provolone  
6 bleu cheese

## *Pantry*

cinnamon  
cumin  
oregano  
chili powder  
onion powder  
garlic powder  
Italian seasoning  
parsley  
1 jar of salsa  
sliced bread (optional, for other family members not trying to lose weight)  
2 cans of black beans

## *Pantry (continued)*

red wine vinegar  
Dion mustard  
two cans diced or fire roasted & diced tomatoes  
liquid smoke (optional)  
low-carb tortillas (optional)  
mayonnaise  
THM Baking Blend or coconut flour  
almond flour  
24 oz chicken broth  
8 oz beef broth  
8 oz jar pepperoncinis

## *Frozen*

1 package frozen broccoli florets or chopped broccoli (at least 10 oz)  
1-2 frozen bags of favorite veggies

## *Staples*

coconut oil  
coconut oil spray  
olive oil  
salt  
pepper

## *Other*

ingredients for THM Wonderful White Blender Bread from Trim Healthy Table book, or other low-carb bread recipe

## *Family Cobb Salad*

### *Ingredients:*

- 4-6 hard-boiled eggs, peeled and diced
- 2-3 heads romaine lettuce, chopped
- 1 baked chicken breast, chopped
- 1 avocado, diced
- 1 pint grape tomatoes, halved
- 1 lb. bacon, cooked and chopped
- 6 oz bleu cheese, crumbled
- 2/3 cup red wine vinegar
- 1 1/3 cup olive oil
- 2 Tablespoons Dijon mustard
- salt and pepper to taste

### *Directions:*

1. Place lettuce in a large bowl.
2. Arrange bacon, tomatoes, cheese, chicken, avocado, and eggs in lines on top of the bed of lettuce.
3. Sprinkle entire dish with salt and pepper to taste.
4. Whisk vinegar, olive oil, and mustard, then pour over the salad and serve.

## Crockpot Chicken Tinga Tacos

### Ingredients:

- 3 pounds boneless skinless chicken thighs
- 1 white onion, finely diced
- 4 cloves of garlic, minced
- salt and pepper to taste (I use at least 1/2 tsp)
- 1/2 tsp cinnamon
- 1 1/2 tsp cumin
- 1 1/2 tsp oregano
- 1 tsp chili powder
- 1 tsp liquid smoke (optional)
- 2 cans diced or fire roasted & diced tomatoes
- sour cream
- grated cheddar cheese
- lettuce for wraps or low-carb tortillas
- diced avocado

### Directions:

1. Place chicken thighs, onion, garlic, and tomatoes in a crockpot.
2. Sprinkle salt, pepper, cinnamon, cumin, oregano, and chili powder over the chicken. Add liquid smoke, if desired.
3. Pour tomatoes in their juices over the chicken and cook on low for 6-8 hours.
4. Serve in lettuce wraps or low-carb tortillas and top with sour cream, cheese, and avocado.

## Chicken Divan Casserole

### Ingredients:

- 3 cooked chicken breasts, cooled and cubed
- 1 package frozen broccoli florets or chopped broccoli (at least 10 oz)
- 3 cups grated cheddar cheese
- 1/3 recipe "Low-Carb Cream of Chicken Soup" below
- salt and pepper
- 1 cup mayonnaise
- juice of 1 lemon

### Directions:

1. Pre-heat oven to 350.
2. In a 9x13 baking dish, combine cooked chicken, frozen broccoli, and 1 1/2 cups of grated cheese.
3. In a separate bowl, stir together cream of chicken soup, mayonnaise, lemon juice, and salt and pepper.
4. Pour soup/mayonnaise mixture over baking dish and stir to combine.
5. Top with 1 1/2 cups of grated cheese and cover with foil.
6. Bake at 350 for thirty minutes, then remove foil and bake for another 20 minutes, or until cheese is bubbly.

## Cream of Chicken Soup

### Ingredients:

- 4 Tablespoons butter
- 1/2 small yellow onion, diced
- 2 cloves of garlic, smashed and peeled
- 1/3 cup THM Baking Blend\* OR 2 1/2 Tablespoons coconut flour +
- 2 1/2 Tablespoons almond flour
- 1 cup heavy cream
- 3 cups chicken broth
- 1/2 cup cooked chicken, shredded or chopped, no skin\*\*
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon parsley
- 1/2 teaspoon black pepper

### Directions:

1. Melt butter in a saucepan over medium heat
2. Add onions and garlic and sauté 2-3 minutes
3. Add THM Baking Blend OR coconut/almond flour combo and stir well
4. Cook for 2-3 more minutes or until mixture is golden and pasty
5. Add chicken broth, seasoning, and chicken and bring to a boil
6. Reduce heat, cover your saucepan, and simmer for 10 minutes
7. Pour into your blender (set on low)\*\*\* and blend until completely smooth
8. Pour from blender back into saucepan
9. Add heavy cream and simmer until heated through.
10. COOL COMPLETELY - it should thicken a bit as it cools - before dividing into thirds and using in a casserole or freezing.

### Notes

\*If you use THM Baking Blend, you may want to add an extra teaspoon of butter. Mine turned out even better with a little extra liquid.

\*\*I just pulled a mix of light and dark meat off of a rotisserie chicken from the grocery store.

\*\*\*Please don't set your blender on "High" when you're dealing with hot liquids! Start on the lowest setting possible and use caution!



## *Ingredients:* **5 Minute Dinner (No-Recipe Recipe)**

- 1-2 rotisserie chickens
- 2 cans of black beans
- cumin to taste
- chili powder to taste
- salt & pepper to taste
- salsa
- Optional, for other family members:
- sliced bread with butter

### *Directions:*

1. Pour cans of black beans and seasonings to taste into a saucepot and simmer on medium/low for 5 minutes, or until heated through.
2. Reheat chickens and save white meat for yourself (if you're trying to lose weight).
3. Serve chicken with black beans for a low-fat meal, and add optional bread and butter for other family members.

## *Ingredients:* Stovetop Stuffed Pepper Rings (Breakfast for Dinner)

- 1 red bell pepper per person, tops, ribs, and seeds removed, sliced into rings
- 1 dozen eggs
- 1 pound breakfast sausage
- 1 cup shredded parmesan cheese
- salt and pepper
- 1 baked recipe THM Wonderful White Blender Bread, if desired.

## *Directions:*

1. Brown the sausage in a skillet, then drain on paper towels when cooked through.
  2. Return skillet to heat and spray the skillet with coconut oil spray.
  3. Add sliced pepper rings to the skillet and crack an egg into each one (when I'm making more than 6 of these I have to do it in batches). Sprinkle each egg with salt and pepper.
  4. Once eggs are set, add 2-3 Tablespoons of cooked sausage to cover each egg, then sprinkle with parmesan cheese.
  5. Cook until pepper rings, eggs, sausage, and parmesan are hot, then transfer to a plate with a spatula.
  6. Continue cooking in batches until all of the pepper rings are complete.
  7. Serve with baked and buttered slices of Wonderful White Blender Bread from the Trim Healthy Table book, if desired.
- This is great to serve with tomorrow's Italian Pot Roast, too!

## Italian Pot Roast

### Ingredients:

- 3 1/2 pound chuck roast
- 8 oz jar pepperoncinis
- 3 Tablespoons Italian seasoning
- 8 oz beef broth
- 1 teaspoon salt
- 1 red bell pepper, seeded and diced
- 1 clove of garlic, sliced
- sliced mozzarella or provolone cheese
- 1-2 bags of frozen veggies for side dish

### Directions:

1. Season the roast with salt and pepper.
2. Place the roast in the crockpot along with all other ingredients, including juice from pepperoncinis.
3. Cook on low for 8-10 hours.

**\*\*Note - if you can only find a 16 oz jar of pepperoncinis, please use caution and do NOT add the whole jar. You only want the peppers (sliced or whole, either is fine), and 8 oz of pepperoncini "juice."**

I serve this on wheat rolls or sliced bread for the kids, and usually with Trim Healthy Mama's Nuke Queen's Awesome Bread, Swiss Rolls, or Wonderful White Blender Bread for myself.