

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 5-10: Recipes

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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: Tex Mex Chicken Bake

Day 2 Breakfast:
Lunch:
Dinner: Low-Carb Meatballs

Day 3 Breakfast:
Lunch:
Dinner: Breakfast for Dinner

Day 4 Breakfast:
Lunch:
Dinner: Easy Chicken Tacos

Day 5 Breakfast:
Lunch:
Dinner: Sheet Pan Salmon and Green Beans

Day 6 Breakfast:
Lunch:
Dinner: Big Time 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

fresh herbs (marjoram, oregano, or thyme)
fresh Italian parsley
1 pound fresh green beans
1 bunch green onions
salad greens
avocados (optional, for tacos)
large Romaine lettuce leaves (for tacos)
PLUS
3 heads Romaine
2 lemons
1 head of garlic

Meat

5 large chicken breasts
2 pounds ground beef
1 or 2 pounds bacon
1 salmon filet per person (I make extras for leftovers)

Dairy

8 oz heavy cream
unsalted butter
1 small wedge parmesan cheese
sour cream (optional)
grated cheddar cheese (optional)

Pantry

1 pound long-grain brown rice
1 can of pinto beans
10 oz. enchilada sauce
10 oz. mild Rotel
Parmesan cheese (green can)
no-sugar-added vinaigrette
three 15 oz. cans diced tomatoes
low-carb tortillas (optional)
mayonnaise

Staples

chili powder
cumin
salt
pepper
garlic powder
onion powder
olive oil
Worcestershire sauce

Frozen

Deli/Cold Section

2 dozen eggs
1 or 2 rotisserie chickens
(depending on size of your family. I buy one to feed 6 in the Caesar salad)

Tex Mex Chicken Bake

Ingredients:

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

Low-Carb Meatballs

Ingredients:

2 pounds ground beef
1/2 cup grated parmesan
cheese
2 eggs
olive oil

1 tsp onion powder
1/2 tsp garlic powder
Salt and pepper to taste
1 - 2 jars no-sugar-added marinara sauce

Directions:

1. Preheat oven to 350.
2. Heat 1 Tablespoon of olive oil in a skillet over low/medium heat.
3. Mix all meatball ingredients together.
4. Form the meat into 1" meatballs and brown on both sides in heated skillet.
5. Arrange meatballs on a baking sheet 2" apart and bake for 15 minutes, or until cooked through. (I use a piece of parchment paper on the baking sheet for easier clean up, but you could also grease it or line it with foil).
6. Once meatballs are cooked through, simmer in no-sugar-added marinara sauce.
7. Serve the meatballs and marinara with a side salad, and/or with zucchini noodles, spaghetti squash, or another noodle alternative like THM's Not Naughty Noodles.

Breakfast for Dinner - Creamy Scrambled Eggs, Bacon, & Sautéed Greens

Ingredients:

1 dozen eggs (or 2 per person)	1 1/2 Tablespoons fresh minced herbs (marjoram, oregano, or thyme)
1/4 cup heavy cream	1 garlic clove, minced
1/4 cup butter	3 Tablespoons fresh grated parmesan cheese
1-2 pounds of bacon	salt and pepper to taste
	1/4 cup chopped green onions (use the green parts only)
	greens of choice

Directions:

For the Bacon:

1. Line 1 or 2 baking sheets with foil and lay a piece of parchment paper over the foil.
2. Arrange the bacon in a single layer on parchment paper.
3. Place the baking sheets in a cold oven and close the door.
4. Heat the oven to 400° and start the timer for 18 minutes.
5. At 15 minutes, check the bacon to see if it's done. You should see tiny bubbles all over each piece, but please make sure it's completely cooked before consuming. Thin bacon slices can cook in as little as 12-15 minutes; I prefer thicker bacon and slices and those usually take 20-25 minutes.

For the Creamy Eggs:

1. Melt 1/4 cup butter in a large skillet over medium heat. Once melted, turn the heat to low/medium.
2. Whisk eggs and milk for at least 2 minutes, then pour into the skillet with melted butter.
3. Let the eggs set for a few minutes, then as the edges begin to cook stir very gently. When the eggs no longer look wet, add cheese, herbs, and seasoning and stir.
4. Saute greens in butter with salt, pepper, and minced garlic until cooked through.
5. When eggs are cooked through, sprinkle with green onions, and serve with bacon and greens.

Easy Chicken Tacos

Ingredients:

- 3 large chicken breasts
 - 3 15 oz. cans diced tomatoes
 - 3 Tablespoons cumin (start with 1 T and add to taste)
 - 1 tsp salt
 - 1 tsp pepper
- Optional S Toppings: sour cream, cheese, avocado mashed with salt
low-carb tortillas or large Romaine lettuce leaves for serving

Directions:

Skillet Directions:

1. Bake three chicken breasts in the oven at 375 for 45 minutes (turning once) or until cooked through (and juices run clear).
2. Cool, then shred the chicken.
3. Put shredded chicken in a skillet and stir in canned tomatoes
4. Season and stir together
5. Simmer 15 minutes or until flavors are combined. Taste and add seasoning if needed, then serve with desired toppings.

Crockpot Directions:

1. Put three thawed chicken breasts in the crockpot
2. Cover with three cans of diced tomatoes
3. Sprinkle with cumin, salt, and pepper, then stir
4. Cook on high 3-4 hours or until chicken is cooked through; then shred chicken with two forks
5. Taste and add seasoning if needed
6. Serve with desired toppings

Sheet Pan Salmon and Green Beans

Ingredients:

- 1 salmon filet per person
- 6 Tablespoons melted butter
- 1/3 cup grated parmesan cheese
- 3 cloves minced garlic
- salt to taste
- freshly ground black pepper to taste
- 2 Tablespoons chopped fresh parsley
- 1 pound fresh green beans
- olive oil

Directions:

1. Preheat oven to 425 degrees.
2. Spray a sheet pan with coconut oil spray and place salmon on the sheet pan.
3. In a small bowl, combine melted butter, parmesan, and garlic.
4. Spread butter mixture over each salmon filet.
5. Sprinkle each filet with a pinch of salt and freshly ground black pepper to taste.
6. Arrange washed green beans around the salmon filets. Drizzle green beans with olive oil and sprinkle with salt and pepper.
7. Bake for 15 minutes or until salmon is cooked through and flakes easily with a fork.

Big Time Caesar Salad

Ingredients:

3 heads romaine, torn into bitesized pieces	1/2 teaspoon Worcestershire sauce
4 cloves garlic	3 tablespoons mayonnaise
1/2 cup olive oil, divided	6 oz. freshly grated parmesan, plus more for serving
3 tablespoons fresh lemon juice	1 rotisserie chicken
salt & freshly ground black pepper to taste	

Directions:

1. In a large bowl, toss lettuce with 2 tablespoons olive oil, salt, and pepper, coating the lettuce really well.
2. Pulse garlic cloves in a food processor or blender, slowly pouring remaining olive oil in as it pulses. Continue for about 1 minute. Strain about 1/2 of the garlic out of the garlic oil mixture, then return remaining garlic and garlic oil mixture back to the food processor.
3. Add mayonnaise, lemon juice, and Worcestershire to food processor and pulse until combined well to make Caesar dressing.
4. Add the dressing to the lettuce and toss, then add parmesan.
5. Pull chicken from bones and toss with salad, or serve the chicken on the side. Top with extra parmesan if desired.