

# *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**

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!**

# Weekly Meal Plan

*Day 1*

**Breakfast:**

**Lunch:**

**Dinner:** Sheet Pan Fajitas

*Day 2*

**Breakfast:**

**Lunch:**

**Dinner:** Sriracha Egg Roll in a Bowl

*Day 3*

**Breakfast:**

**Lunch:**

**Dinner:** Slow Cooker Verde Chicken and Rice

*Day 4*

**Breakfast:**

**Lunch:**

**Dinner:** Avgolemono (Greek Lemon Soup)

*Day 5*

**Breakfast:**

**Lunch:**

**Dinner:** Easy Chile Rellenos Casserole

*Day 6*

**Breakfast:**

**Lunch:**

**Dinner:** Italian Pot Roast in the Slow Cooker

# 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 yellow onions  
3 bell peppers (any color)  
red bell pepper  
2 limes  
avocado (optional, for fajitas)  
1 bunch green onions  
1 head of garlic  
fresh ginger  
3 bags coleslaw mix  
1 bunch Italian parsley  
3 large lemons  
ingredients for side salads

## Meat

12 oz round steak  
1 1/2 pounds ground beef or pork  
6 large boneless skinless chicken breasts  
3 1/2 pound chuck roast

## Dairy

sour cream (optional)  
12 oz sharp cheddar (divided, for 2 recipes)  
6 ounces sharp cheddar cheese, grated  
6 ounces monterey jack cheese, grated  
6 oz. cotija cheese  
16 oz plain, unsweetened almond milk  
sliced provolone or mozzarella

## Pantry

low-carb tortillas (optional)  
sriracha sauce  
mayonnaise  
16 oz salsa verde  
16 oz brown rice  
3 quarts chicken broth  
27 oz can whole green chiles  
8 oz jar golden pepperoncinis  
8 oz beef broth

## Staples

taco seasoning  
paprika  
chili powder  
cayenne pepper  
salt  
pepper  
avocado oil or olive oil  
sesame oil  
soy sauce  
rice wine vinegar  
coconut oil spray  
dried dill  
Italian seasoning

## Frozen

1 bag frozen cauliflower rice  
1-2 bags frozen veggies for a side dish

## Deli/Cold Section

1 dozen eggs

## Optional

Ingredients for Trim Healthy  
Mama's Nuke Queen's Awesome  
Bread, Swiss Rolls, or Wonderful  
White Blender Bread.

# Sheet Pan Fajitas

## Ingredients:

- 12 oz. round steak, sliced (add more steak for bigger eaters)
- 1 large yellow onion
- 3 bell peppers
- 2 Tablespoons avocado oil or olive oil
- juice of 2 limes
- low-carb tortillas (optional)
- 2 Tablespoons taco seasoning or fajita seasoning
- 1 teaspoon paprika
- 1 teaspoon chili powder or to taste (start with 1/2 tsp)
- salt and pepper to taste
- sour cream
- cheese
- avocado

## Directions:

1. Preheat oven to 400.
2. Slice the onion and bell pepper into thin slices.
3. Combine lime juice, chili powder, paprika, and taco seasoning in a small bowl.
5. Rub the steak with the lime juice and seasoning mixture, then slice thinly against the grain.
4. Drizzle olive oil on a large baking sheet. Arrange pieces of steak on the sheet and scatter bell pepper and onions around the steak.
5. Drizzle more olive oil on the onions and bell peppers, then sprinkle them with salt and freshly ground black pepper.
6. Bake for 10 minutes in preheated oven, turning the steak once, until steak is cooked to desired temperature and onions are translucent.
7. Serve with sour cream, cheese, and sliced avocado. Add low-carb tortillas if desired.

## Sriracha Egg Roll in a Bowl

### 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

### 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.

## Slow Cooker Verde Chicken

### Ingredients:

- 3 large boneless skinless chicken breasts
- one 16 oz. jar salsa verde
- coconut oil spray
- 2 cups brown rice
- 2 1/2 cups chicken broth

### Directions:

1. Lightly spray crockpot with coconut oil spray.
2. Place chicken breasts in crockpot.
3. Pour salsa over chicken.
4. Cook on high for four hours, or on low for 6-8 hours.
5. Meanwhile, cook brown rice in Instant Pot (2 cups brown rice + 2 1/2 cups broth on Manual for 22 minutes), or in a sauce pot according to package directions.
6. When cooked through, shred chicken and serve with cooked brown rice. Top with 0% Greek yogurt if desired.

## *Avgolemono (Greek Lemon Soup)*

### *Ingredients:*

- 3 chicken breasts, cooked and shredded
- 2 tbsp olive oil
- 1/2 yellow onion, diced
- 1 cup cauliflower rice
- fresh Italian parsley
- 1 tsp salt
- 1 tsp dried dill
- 3 egg yolks
- 3 lemons (2 for recipe, 1 for serving)
- 2 quarts chicken broth

### *Directions:*

1. Heat the oil in a large stockpot or Dutch oven.
2. Cook the onions for 3-4 minutes or until completely translucent.
3. Add cauliflower rice and cook for an additional 5 minutes or until cooked through.
4. Add broth, salt, and dill and simmer for 15 minutes over medium heat.
5. In a small bowl, whisk egg yolks well.
6. Slowly pour 1/2 cup of the cooked broth from the soup into the egg yolks, whisking while you pour so the eggs don't scramble.
7. Once 1/2 cup broth and egg yolks are well-combined, pour the egg mixture back into the soup and stir well.
8. Add lemon juice and cooked chicken to the soup pot and simmer for an additional ten minutes.
9. Serve the soup with lemon wedges and parsley for a garnish.



## Easy Chile Rellenos Casserole

### Ingredients:

- 27 oz. can whole green chiles
  - 6 ounces sharp cheddar cheese, grated
  - 6 ounces monterey jack cheese, grated
  - 6 oz. cotija cheese
  - 5 eggs
  - 2 cups unsweetened, plain almond milk
  - 1 tsp salt
  - 1/2 tsp pepper
  - 1/4 tsp paprika
  - 1/4 tsp cayenne pepper
- Ingredients for side salad, if desired

### Directions:

1. Preheat oven to 350 degrees.
2. Cut chiles in half and remove all seeds, then lay on paper towels to dry.
3. In a small bowl, whisk eggs with almond milk, salt, pepper, paprika, and cayenne. Whisk at least 2 minutes, or until there are no strings in the egg mixture.
4. Lightly spray a 9x13 casserole dish with coconut oil spray.
5. Lay the chiles out in a single layer on the bottom of the casserole dish.
6. Sprinkle the chiles with 2 oz cotija cheese (just a thin layer), then 2 oz monterey jack, then 2 oz cheddar.
7. Repeat with another layer of chiles, then the layers of cheese.
8. Pour the seasoned egg mixture over the whole casserole dish, making sure the eggs get into every nook and cranny.
9. Bake at 350 for 40 minutes or until the center is completely set.
10. Cool for at least five minutes and serve with a side salad if desired.

## Italian Pot Roast

### Ingredients:

3 1/2 pound chuck roast	1 red bell pepper, seeded and diced
8 oz jar pepperoncinis	1 clove of garlic, sliced
3 Tablespoons Italian seasoning	sliced mozzarella or provolone cheese
8 oz beef broth	
1 teaspoon salt	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 for the kids, and usually with Trim Healthy Mama's Nuke Queen's Awesome Bread, Swiss Rolls, or Wonderful White Blender Bread for myself.