

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!

Weekly Meal Plan

Day 1

Breakfast:

Lunch:

Dinner: Baked Crispy Chicken Thighs w/ Steamed Broccoli

Day 2

Breakfast:

Lunch:

Dinner: Taco Stack Ups

Day 3

Breakfast:

Lunch:

Dinner: Chicken Divan Casserole

Day 4

Breakfast:

Lunch:

Dinner: Mexican Chicken Soup (Crockpot recipe - takes 7-8 hours)

Day 5

Breakfast:

Lunch:

Dinner: Italian Chicken Bake

Day 6

Breakfast:

Lunch:

Dinner: Santa Fe Quinoa

Weekly Meal Plan

Day 1
Breakfast:
Lunch:
Dinner:

Day 2
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Day 3
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Day 4
Breakfast:
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Dinner:

Day 5
Breakfast:
Lunch:
Dinner:

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

2 yellow onions
1 head of garlic
2 jalapenos, seeded and diced
1 bunch fresh cilantro
2-3 limes
avocado (optional topping)
1 pint grape tomatoes
fresh basil
ingredients for side salad
lettuce (for taco stack-ups)
tomatoes (for taco stack-ups)
1 lemon

Meat

6 large boneless skinless chicken breasts
2 pounds chicken tenders
2 extra leftover white chicken breast OR
rotisserie chicken
bone-in skin-on chicken thighs (1-2 per person)
2 pounds ground beef

Dairy

32 oz. cheddar cheese + extra for taco topping if
desired
sour cream
8 oz fresh mozzarella
0% Greek yogurt
butter
8 oz heavy cream

Pantry

1 can petite diced tomatoes
4 quarts chicken broth
14 oz. can artichoke hearts
8 oz dry quinoa
1 can black beans
1 can mild or medium Rotel
1 can of chicken (omit if using
leftover chicken)
salsa
14.5 oz can tomato sauce
1 small can sliced black olives
mayonnaise

Staples

olive oil
salt
pepper
ground cumin
chili powder
Italian seasoning
cooking spray
balsamic vinegar
favorite all-purpose seasoning
2 packets taco seasoning
THM Baking Blend OR Coconut Flour
mixed w/ almond flour

Staples (Cont'd)

onion powder
garlic powder
dried parsley

Frozen

1-2 packages frozen broccoli
1 package frozen chopped broccoli

Deli/Cold Section

Crispy Chicken Thighs & Broccoli

Ingredients:

- bone-in skin-on chicken thighs (1-2 per person)
- salt
- pepper
- olive oil, butter, or coconut
- oil spray
- favorite seasonings - I like 21 Seasoning Salute from Trader Joe's
- 1-2 packages frozen broccoli (cook according to package directions)

Directions:

1. Pre-heat oven to 475°.
2. Line a roasting pan with foil, add a sheet of parchment paper, and grease parchment paper with oil, butter, or coconut oil spray.
3. Dry the chicken (pat dry with paper towels).
4. Season both sides of chicken and arrange in a single layer (skin-side-up) on baking sheet.
5. Bake chicken thighs for 20 minutes, then reduce temperature to 400°.
6. Bake 30 minutes more at 400°, or until internal temperature is 165°. When cooked, the skin should be crispy, the meat shouldn't be pink at the bone, and juices should run clear.

Taco Stack-Ups

Ingredients:

- 2 lbs ground beef
- 2 packets taco seasoning (I look for gluten-free with no added carbs); or make your own
- 14.5 oz can tomato sauce
- sliced black olives
- limes
- sour cream
- cheddar cheese
- lettuce
- avocado
- salsa
- diced tomatoes
- fresh cilantro

Directions:

1. Spray a skillet or pan with coconut oil spray
2. Brown ground beef in the pan
3. When ground beef is nearly cooked, sprinkle with taco seasoning and stir to combine flavors
4. Add tomato sauce, stir, and simmer on low for 5 minutes
5. Serve the meat with bowls of sour cream, shredded cheese, lettuce, tomatoes, sliced black olives, cilantro, lime wedges, salsa, and diced avocado.
6. Stack the taco meat and other ingredients as desired.
(Cheese and sour cream are optional if you need to eat dairy-free.)

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.

Ingredients: **Low-Carb Chicken Soup (for Chicken Divan)**

- 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) (be very careful!) 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 a cools - before dividing into thirds and using in a casserole or freezing.

Crockpot Mexican Chicken Soup

Ingredients:

- 2-3 large boneless skinless chicken breasts
- 1/2 large chopped yellow onion
- 2 cloves of minced garlic
- 2 Tbsps olive oil
- 2 jalapenos, seeded and diced
- 2 cloves garlic , minced
- 1 can petite diced tomatoes
- 2 quarts chicken broth
- 1/2 cup chopped fresh cilantro
- juice of one lime
- 2 teaspoons ground cumin
- salt and pepper to taste
- cheese, sour cream, diced avocado for toppings

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 garlic and jalapenos
4. At this point transfer cooked onions, garlic, and jalapenos to a crockpot and season well with salt and pepper.
5. Add all of the rest of the ingredients, and cook on low for 7-8 hours.

Italian Chicken Bake

Ingredients:

- 2 pounds chicken tenders
 - 14 oz. can artichoke hearts, drained
 - 1 pint grape tomatoes
 - 3 cloves minced garlic
 - 1/4 cup fresh basil
 - 2 1/2 teaspoons Italian seasoning, divided
 - salt and pepper
 - 8 oz fresh mozzarella, sliced thinly
 - cooking spray
 - 1 Tablespoon balsamic vinegar
- Ingredients for side salad, if desired

Directions:

1. Preheat oven to 375 degrees.
2. Spray a 9x13 baking dish with olive oil or coconut oil cooking spray.
3. Arrange chicken tenders in the baking dish so the bottom is covered.
4. Sprinkle chicken evenly with salt, pepper, and 1 1/2 teaspoons Italian seasoning.
5. Add artichoke hearts, grape tomatoes, and garlic to the dish, making sure to scatter it somewhat evenly over all of the chicken.
6. Sprinkle the entire dish with the remaining teaspoon of Italian seasoning, chopped basil, and balsamic vinegar.
7. Arrange slices of mozzarella over the top of the chicken, artichokes, and tomatoes until it's covered.
8. Bake at 375 for 40 minutes, or until chicken is cooked through (this will depend on the thickness of your chicken. Mine usually takes closer to 50 minutes).
9. Serve with side salad, if desired.

Santa Fe Quinoa

Ingredients:

- 1 cup dry quinoa
- 1/2 teaspoon salt
- 1 can black beans, rinsed and drained
- 1 can mild or medium Rotel
- 1 teaspoon cumin
- 1 teaspoon chili powder
- leftover diced, cooked chicken or 1 can of chicken, drained (optional)
- salsa (optional, for topping)
- 0% Greek yogurt (optional, for topping)

Directions:

1. Cook the quinoa:

Instant Pot - Rinse the quinoa until water runs clear, then add to Instant Pot and add water and salt. Lock the lid, set the valve to "sealing" and cook for 1 minute on high using manual pressure. Let the pressure release naturally for ten minutes.

Stovetop - Cook according to package directions.

2. While the quinoa is cooking, put drained can of black beans, Rotel, cumin, and chili powder. Simmer on low 8-10 minutes or until heated through.

3. Add diced, cooked chicken, if using, and heat it through.

4. Serve black bean mixture over a bed of hot quinoa. Add salsa and 0% Greek yogurt if desired.