

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: Special Notes

Page 3: Weekly Meal Plan

Page 4: Blank Weekly Meal Plan (so you can arrange the meals to fit your schedule)

Page 5: Weekly Shopping List

Pages 6-11: 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!

Special Notes

This week, I was focused on fresher, lighter flavors, slimming salads, and EASY meals!

I bought two big packages of chicken breasts and cooked them at once. Then I chopped them and froze them, making it SUPER easy to thaw and toss them into the recipes!

If you want to cook the chicken ahead and save lots of time, you can follow these directions: Preheat oven to 400. Place chicken on baking sheet, sprinkle with salt and paper, and bake for 24-26 minutes or until cooked through, with internal temperature reaching 165 degrees.

Alternatively, you could use 2 or 3 rotisserie chickens, adding dark meat to the low-carb recipes and saving some of the white meat for the low-fat recipes. Costco has a big package of pulled chicken breast (white meat only) that works perfectly for these recipes, as well! Any one of these three options (cooking ahead, using rotisserie chickens, or using pulled chicken) will save time!

You'll be using 1/2 cup bottled ranch dressing on Day 6. If you'd like to use the rest of this dressing for the Family Cobb Salad on Day 1, instead of the simple dressing recipe on the recipe card, feel free as long as you reserve that 1/2 cup.

I also saved time this week by hard boiling more than a dozen eggs, instead of just the ones needed for the Family Cobb Salad. We used the rest of the eggs for quick snacks. If you want to do this, you'll need to add more eggs to the shopping list.

Remember, the explanations (or "types") for each meal are listed free at the link below!

Easy Dinner Meal Plans

I also made a "lighter" printable version of the menu and shopping lists, as well. I hope it helps, but if you like the light blue background feel free to print that instead.



Weekly Meal Plan

Day 1

Breakfast:

Lunch:

Dinner: Family Cobb Salad

Day 2

Breakfast:

Lunch:

Dinner: Easy Crockpot Carnitas

Day 3

Breakfast:

Lunch:

Dinner: Alfredo with Zoodles or Dreamfields

Day 4

Breakfast:

Lunch:

Dinner: Quinoa Salad

Day 5

Breakfast:

Lunch:

Dinner: Southwest Skillet Chicken

Day 6

Breakfast:

Lunch:

Dinner: Low-Carb Chicken Ranch Casserole

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

6 heads romaine lettuce
1 avocado
1 pint grape tomatoes
1 head of garlic
2 limes
12 zucchini (optional; omit if using Dreamfields pasta)
2 cucumbers
1 red onion
1 large tomato

Meat

11 large boneless skinless chicken breasts OR
Rotisserie Chickens OR
equivalent pulled white chicken from Costco or
grocery store (see notes)
1 pound bacon (needed for two recipes)
2-3 pounds boneless pork shoulder

Dairy/Cold Section

1 dozen eggs
6 oz bleu cheese
sour cream
20 oz cheddar cheese (needed for multiple recipes)
1 pound of butter
16 oz heavy cream (needed for multiple recipes)
32 oz grated parmesan (not the green can)
16 oz. 0% Greek yogurt

Pantry

Dijon mustard
1 bottle Ken's ranch dressing
(needed for multiple recipes)
1 jar of salsa
low-carb tortillas (optional)
2 boxes Dreamfields pasta
(optional; omit if using zucchini)
8 oz quinoa
1 can mild Rotel
2 cans black beans
1 can Mexican corn

Staples

red wine vinegar
olive oil
salt
pepper
chili powder
cumin
dried oregano

Frozen

1-2 packages frozen broccoli

Other

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
- 1/2 lb. bacon, cooked and chopped
- 6 oz bleu cheese, crumbled

Family Cobb Salad

- 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

Ingredients:

- 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

Easy Crockpot Carnitas

- sour cream
- cheese
- salsa
- diced avocado
- low-carb tortillas (optional)

Directions:

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.

Ingredients:

Alfredo Sauce with Chicken

- 2 sticks of unsalted butter
- 2 cups heavy cream
- 4 cups grated parmesan (grated, not the green can); divided
- salt and pepper to taste
- 2 large boneless skinless chicken breasts or two fully cooked chicken breasts
- 1-2 packages frozen broccoli (optional)

Directions:

1. If using raw chicken: preheat oven to 400. Place chicken on baking sheet, sprinkle with salt and paper, and bake for 24-26 minutes or until internal temperature reaches 165 degrees.
2. Melt the butter over medium heat in a sauce pan.
3. Once butter is melted, pour in heavy cream and heat on low until gently simmering.
4. Add 2 cups grated parmesan and stir, keeping the heat on low.
5. Add a sprinkle of salt, and taste to add more if desired.
6. Chop the cooled chicken into small pieces.
7. Plate the Zoodles or Dreamfields (after following Zoodles directions or directions on the Dreamfields package).
8. Divide the remaining 2 cups of parmesan among each serving and toss the hot noodles or Zoodles with the parmesan.
9. Add chopped chicken to each plate.
10. Ladle alfredo sauce over each plate.
11. If using broccoli, microwave according to package directions and either toss it with the alfredo dish or serve on the side.

Ingredients:

Zoodles

- 12 zucchini (this makes a huge pile of zoodles to serve 8, you can make less if needed)
- salt
- veggie spiralizer

Directions:

1. Follow spiralizer instructions to make zucchini noodles.
2. Spread zucchini noodles out on paper towels, lightly salt, and cover with another layer of paper towels, lightly pressing down to make sure paper towels will absorb liquid.
3. After 15 minutes to an hour (the longer the better), roll up the whole bundle of zucchini noodles and paper towels and gently squeeze or press to get more moisture out.
4. Heat a skillet or pan over medium-high heat. Add 1 tablespoon of oil and stir-fry for 4-5 minutes in batches. Alternatively, you can microwave in a microwave-safe covered dish in batches for 2-3 minutes or until hot and cooked through.

Ingredients:

- 1 cup quinoa, cooked
- 2 cucumbers, peeled and diced
- 1 small red onion, sliced
- 1 large tomato, peeled, seeded, and diced
- 3 heads romaine lettuce, chopped
- 2 chicken breasts, cooked and diced

Quinoa Salad

- 2 Tablespoons olive oil
- 1 clove crushed garlic
- 2 Tablespoons red wine vinegar
- 2 Tablespoons water
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 2 pinches of salt

Directions:

1. Combine salad ingredients and toss.
2. Pulse salad dressing in a food processor several times until smooth.
3. Pour dressing over salad and toss before serving.

Ingredients:

Southwest Skillet Chicken

- 2 boneless skinless chicken breasts, or breasts from one rotisserie chicken
- 1 can mild Rotel tomatoes
- 2 cans black beans, drained
- 1 can Mexican corn, drained
- 1 Tablespoon cumin
- 1 teaspoon chili powder
- salt and pepper to taste
- salsa (optional)
- 0% Greek yogurt (optional)

Directions:

1. If using raw chicken: preheat oven to 400. Place chicken on baking sheet, sprinkle with salt and pepper, and bake for 24-26 minutes or until internal temperature reaches 165 degrees.
2. In a large skillet, combine tomatoes, drained black beans, drained corn, and seasoning. Simmer 10-15 minutes or until flavors are combined.
3. Serve the beans, corn, and tomatoes in bowls and top with sliced baked chicken. Season with more salt and pepper if needed, and top with Greek yogurt and salsa.
4. I add sour cream, cheese, and chips for my kids - since they aren't watching their weight, they can handle the carbs and fats together!

Ingredients: **Low-Carb Chicken Ranch Casserole**

- 2 boneless skinless chicken breasts, or breasts from one rotisserie chicken
- 4 eggs
- 1/2 cup heavy cream
- 1/2 cup Ken's bottled Ranch Dressing
- 1 1/2 cups shredded cheddar cheese
- 1/2 pound bacon, cooked and chopped into small pieces
- olive oil cooking spray

Directions:

1. If using raw chicken: preheat oven to 400. Place chicken on baking sheet, sprinkle with salt and pepper, and bake for 24-26 minutes or until internal temperature reaches 165 degrees. Moist chicken is a KEY to this recipe, so please make sure not to overcook it! Try covering the chicken with foil to make sure it stays moist.
2. Preheat oven to 350 degrees.
3. Spray a 9 x 13 casserole dish with cooking spray
4. Place chicken and bacon in baking dish, then top with 3/4 cup cheddar cheese.
5. Whisk ranch dressing, cream, and eggs together, then pour over the top of the chicken, bacon, and cheese.
6. Top with remaining 3/4 cup cheese.
7. Bake for 35 minutes or until cheese starts to brown.