

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 (the chili recipe this week serves 8 and freezes really well!), 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 we're trying comfort food in a hurry! These are my family's go-to's when we have a busy schedule.

The one recipe that's slightly more time-consuming this week is my all-time favorite Chili recipe - but it's worth a little extra effort! And if you chop the veggies in a food processor it takes even less time.

If you're wondering about that recipe, the one can of beans is spread among 8 servings so the carb count is low enough to still work as a low-carb recipe.

And if you're cooking for one or two, I recommend making the full chili recipe and storing the rest in your freezer. This recipe's great to thaw and eat later!

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

Easy Dinner Meal Plans

I hope you have a wonderful week!



Weekly Meal Plan

Day 1

Breakfast:

Lunch:

Dinner: Italian Chicken

Day 2

Breakfast:

Lunch:

Dinner: Sheet Pan Philly Cheesesteak

Day 3

Breakfast:

Lunch:

Dinner: Jen's Chili

Day 4

Breakfast:

Lunch:

Dinner: Baked Cheeseburgers & Salad

Day 5

Breakfast:

Lunch:

Dinner: Coconut Curry Chicken with Cauliflower Rice

Day 6

Breakfast:

Lunch:

Dinner: Easy Burrito Bowls

Weekly Meal Plan

Day 1
Breakfast:
Lunch:
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Day 5
Breakfast:
Lunch:
Dinner:

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

side salad ingredients
fresh basil (optional)
1 large onion
2 small/medium yellow onions
3 green bell peppers
1 yellow bell pepper
1 red bell pepper
8 oz sliced mushrooms
1 head of garlic
8 oz baby carrots
avocado (for topping chili)

Meat

8 boneless skinless chicken breasts
2 pounds flank steak
3 pound ground beef
1 pound ground turkey

Dairy/Cold Section

12 oz. shredded mozzarella cheese
12 oz sliced provolone cheese
12 oz sliced cheddar cheese
8 oz cheddar cheese
8 oz sour cream
0% Greek yogurt
1 pound pre-cooked chicken breasts or breasts from Rotisserie chicken

Pantry

1 jar no-sugar-added spaghetti sauce
28 oz can chopped tomatoes
1 can kidney beans
no-sugar-added salad dressing
sliced pickles or other favorite burger toppings
2 cans full-fat coconut milk
red curry paste
2 pounds brown rice
1 jar of salsa
2 cans black beans

Staples

Italian seasoning
coconut or olive oil spray
salt and pepper
paprika
steak seasoning
white pepper
ground cinnamon
pure stevia extract
chili powder
ground cumin
red chili flakes
olive oil

Staples

ground ginger
coconut oil

Frozen

1-2 bags frozen riced cauliflower

Other

Ingredients for your favorite low-carb bread, like Trim Healthy Mama's Wonderful White Blender Bread, Nuke Queen's Awesome Bread, or Swiss Bread

Ingredients:

Italian Chicken

- 4 large boneless skinless chicken breasts or 6 thinner chicken breasts
- 1 Tablespoon Italian seasoning
- salt and pepper to taste
- 1 teaspoon paprika
- 1 jar no-sugar-added spaghetti sauce
- 1 1/2 cups shredded mozzarella cheese
- ingredients for side salad, if desired
- coconut oil spray
- fresh basil for garnish (optional)

Directions:

1. Slice chicken into cutlets (thinner pieces to cook more easily) and season on both sides with Italian seasoning, paprika, and salt and pepper.
2. Spray an oven-safe pan with coconut oil and heat on the stovetop over medium heat.
3. Preheat broiler to high.
4. Place chicken pieces in the pan and cook until cooked through and browning on both sides (about 8-10 minutes).
5. Reduce heat to low and let the chicken and pan cool a bit before pouring the sauce over the chicken (watch out for splatters!).
5. Let the chicken simmer in the sauce over low heat for about 5 minutes.
6. Sprinkle shredded mozzarella over each piece of chicken and move the oven-safe pan to the oven, broiling for 2-3 minutes or until cheese just barely starts to brown.
7. Serve topped with chopped fresh basil, if desired.

Ingredients:

Sheet Pan Philly Cheese Steak

- 1 large onion, sliced into thick slices
- 2 green bell peppers, seeded and sliced into thick slices
- olive oil
- 8 oz sliced baby bella mushrooms
- salt and pepper to taste
- 1 Tablespoon steak seasoning
- 2 pounds flank steak
- 12 oz. sliced provolone cheese
- Ingredients for your favorite low-carb bread (optional)

Directions:

1. Place oven rack close to the heating source before preheating the broiler.
2. Line a large sheet pan with foil (and top the foil with parchment paper, if you prefer).
3. Scatter the onions, mushrooms, and peppers in a single layer on the sheet pan.
4. Drizzle the vegetables with olive oil and sprinkle with salt and pepper.
5. In a small bowl, stir steak seasoning into 2 Tablespoons olive oil and mix well.
6. Rub the steak seasoning/oil mixture into the flank steak and add the steak to the sheet pan with the vegetables.
7. Broil for about 10 minutes.
8. Remove the pan and place steak on a separate plate and cover with foil. Let rest 5 minutes.
9. Stir the vegetables and return to the oven for another 3-5 minutes, or until tender.
10. Slice the steak against the grain into thin strips and toss with cooked veggies.
11. Drain any liquid that's accumulated from the vegetables.
12. Top veggies and steak with sliced provolone and broil for another 2-3 minutes or until fully melted.

Ingredients:

- 1 lb ground beef
- 1 lb ground turkey
- 2 cloves of garlic, minced
- 1 large onion, chopped
- 3 mixed bell peppers, seeded and diced
- one 28 oz can chopped tomatoes
- 1 can kidney beans

Jen's Chili

- 1/2 cup finely chopped baby carrots
- white pepper to taste
- salt to taste
- 1 1/2 teaspoons ground cinnamon
- 1 pinch of pure stevia extract
- 3 Tablespoons chili powder
- 1 Tablespoon cumin
- 1/2 teaspoon red chili flakes
- olive oil
- 3 cups of water
- 8 oz grated cheddar
- 8 oz sour cream
- 1 avocado, diced

Directions:

1. Brown beef and turkey in a dutch oven or large pot until cooked through.
2. Transfer meat to a plate and set aside.
3. Drain the pan and add olive oil, keeping the temperature on medium or medium/low.
4. Place onion in the pan and saute until translucent, about 3-5 minutes.
5. Add garlic, bell peppers, and carrots and saute for an additional 3-5 minutes, or until the bell peppers and carrots start to soften.
6. Add the meat back to the pan, then add tomatoes, beans, water, and all seasoning; stir to combine.
7. Bring the chili to a low boil, then reduce heat to low (but make sure it's still simmering) for at least 2 hours.
8. Serve with cheddar, sour cream, and avocado.

Ingredients:

Baked Cheeseburgers & Salad

- 2 pounds ground beef
- 2 Tablespoons steak seasoning
- 12 oz. sliced cheddar cheese
- olive oil or coconut oil cooking spray
- favorite burger toppings (lettuce, onions, tomatoes, ketchup, mustard, pickles, etc)

Directions:

1. Preheat oven to 400.
2. Mix ground beef with steak seasoning.
3. Spray a 9 x 13 casserole dish with cooking spray.
4. Combine beef and steak seasoning in a bowl and mix well.
5. Gently press the ground beef mixture into the pan and bake until cooked through (I check mine at 15 minutes, but sometimes I'll let it cook for 20 if it doesn't look like it's browning quickly).
6. Some liquid will accumulate; you can either drain it or let it reabsorb into the meat.
7. Top with sliced cheddar and return to the oven to melt the cheese; 1-3 minutes.
8. Remove the dish from the oven and let it stand for about 5 minutes. Cut the "burgers" into squares and serve with lettuce, sliced onions, sliced tomatoes, mustard, no-sugar-added ketchup, and pickles.
9. Add a tossed side salad for the side dish.

Ingredients: *Coconut Curry Chicken with Cauliflower Rice*

- 1 small yellow onion, diced
- 4 cloves minced garlic
- 1 heaping teaspoon ground ginger
- 4-6 large chicken breasts, cubed
- 2 cans full-fat coconut milk
- salt and pepper to taste
- 3 teaspoons coconut oil, divided
- 2 Tablespoons red curry paste
- 1 package frozen riced cauliflower
- 1 cup brown rice for kids (optional)

Directions:

1. Heat coconut oil in a large pan or dutch oven over medium heat until melted.
2. Season cubed chicken well with salt and pepper.
3. Sear chicken on all sides, until you can't see any raw pieces.
4. Remove chicken with a slotted spoon and set aside.
5. Add remaining 2 teaspoons coconut oil. Once melted, add onion and garlic and cook until the onions are translucent, about 3-5 minutes.
6. Add ginger and cook until fragrant, about 1 minute.
7. Place the chicken back in the pot and add coconut milk and curry paste, stirring gently until smooth.
8. Bring to a low boil, then reduce heat to low and simmer for 15 minutes.
9. While the chicken is simmering, cook frozen cauliflower rice according to package directions and season with salt.
10. Once the chicken and rice are done cooking, serve by scooping the cauliflower rice into bowls and ladling the Coconut Curry Chicken over each serving.

*Special Note: For those not trying to lose weight, I serve this over brown rice.
I make a smaller portion of cauliflower rice just for myself.*

Ingredients:

Easy Burrito Bowls

- 1 pound pre-cooked chicken breasts (either from Rotisserie chickens or from the deli section)
- 3 cups cooked brown rice (if you don't have any ready, cook in an Instant Pot or according to package directions)
- 2 cans black beans
- 1 teaspoon cumin
- 1 teaspoon chili powder
- salt and pepper to taste
- salsa (optional)
- 0% Greek yogurt (optional)

Directions:

1. Simmer black beans in a sauce pot with cumin and chili powder for about 5 minutes.
2. Heat rice and season with salt if desired.
3. Layer rice, beans, and heated cooked chicken in bowls. Top with salsa and Greek yogurt.