

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, 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: Chicken Bacon Ranch Packets w/ Side Salad

Day 2

Breakfast:

Lunch:

Dinner: Quinoa Bowls

Day 3

Breakfast:

Lunch:

Dinner: Sheet Pan Broccoli and Shrimp

Day 4

Breakfast:

Lunch:

Dinner: Mississippi Chicken

Day 5

Breakfast:

Lunch:

Dinner: One Pan Cheesy Tacos

Day 6

Breakfast:

Lunch:

Dinner: Crockpot Tomato Chicken Soup

Weekly Meal Plan

Day 1
Breakfast:
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Breakfast:
Lunch:
Dinner:

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

6 large crowns of broccoli
3 limes
1 small onion
1 large yellow onion
1 head of garlic
1 bunch cilantro
2 bunches green onions
2 large zucchini
ingredients for your favorite side salads

Meat

9 large boneless skinless chicken breasts
8 slices bacon
1 1/2 pounds ground beef
2 cups cooked and shredded boneless skinless chicken breasts (from rotisserie chicken or deli section, or pre-cooked from your freezer)
1 1/2 pounds jumbo deveined tail-on shrimp (frozen is fine)

Dairy/Cold Section

12 oz cheddar cheese
12 oz monterey jack cheese
16 oz cheddar, monterey jack, or Mexican blend
0% Greek yogurt
butter
sour cream (optional topping)

Pantry

salt
onion powder
pepper
dill weed
garlic powder
dried onion flakes
dried chives
dried parsley
chili powder
red pepper flakes
Italian seasoning
dried basil

Pantry (continued)

1 large jar of salsa
rice wine vinegar
pure stevia extract
ground ginger
soy sauce
1 pound brown rice
8 oz. jar pepperoncinis
low-carb tortillas (optional)
1 can mild rotel
taco seasoning
16 oz chicken broth
salad dressing (if desired, for side salads)

Pantry

1 small jar no-sugar-added spaghetti sauce
12 oz quinoa
2 cans of black beans
2 cans coconut milk
24 oz. can diced tomatoes
6 oz. can tomato paste
Staples
olive oil or avocado oil
foil

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: *Chicken Bacon Ranch Packets w/ Side Salad*

- 2 large boneless skinless chicken breasts, cubed
- 6 cups fresh or frozen broccoli (if using frozen, please thaw & drain)
- 1 1/2 cups grated cheddar cheese
- 2 Tablespoons ranch seasoning mix (recipe on next page)
- 8 slices cooked bacon, chopped
- foil
- 2 Tablespoons avocado oil or olive oil

Directions:

1. Preheat oven to 350 degrees.
2. Place cubed chicken, ranch seasoning, and oil in a large mixing bowl and mix thoroughly, or until each piece has
3. Cut foil into 12" squares (one per person) and arrange them on the kitchen counter.
4. Add about 1 cup of broccoli to the center of each square, then top with chicken.
5. Add about 1/4 cup cheese and about 2 Tablespoons of cooked bacon on top of each pile of broccoli and seasoned chicken.
6. Fold up the sides of the foil and seal the edges together. Then close the opposite sides to make a tightly sealed foil packet.
7. Bake the foil packets for 30 minutes or until heated through.

****If you are starting with raw bacon, my easiest/best/most favorite bacon-cooking method is to put the bacon in a single layer on a parchment-lined baking sheet and put it in a cold oven at 400 degrees for 15-20 minutes. You'll be able to tell that it's done by the tiny bubbles all over the bacon (but of course you can check a thermometer to make sure it's cooked through if you need to!).**

Ranch Seasoning

Ingredients:

- 1 tsp salt
- 2 tsp onion powder
- 1/2 tsp dill weed
- 2 tsp garlic powder
- 2 tsp dried onion flakes
- 1 tsp black pepper
- 1 tsp dried chives
- 2 tbsp parsley

Directions:

1. Combine all seasonings and mix well with fork.
2. Store in a cool, dry place. (Reserve 2 Tablespoons for the Mississippi Chicken recipe later this week).

Quinoa Bowls

Ingredients:

- 1 1/2 cups dry quinoa
- 1/2 tsp chili powder
- Pinch of red pepper flakes
- juice of 1 lime
- 1 small onion, minced
- salt to taste
- 2 cups cooked and shredded boneless skinless chicken breasts
- 2 cloves minced garlic
- 1 Tablespoon olive oil
- 2 cans black beans, drained and rinsed
- 1 cup of water
- 1 bunch fresh cilantro, chopped
- 2 limes cut into wedges (optional - for topping)
- 0% Greek yogurt (optional - for topping)
- salsa (optional - for topping)

Directions:

1. Rinse and drain the quinoa, then place it in a sauce pot.
2. Add 3 cups of water, bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes. You'll want to keep an eye on the quinoa to make sure it doesn't burn.
3. Saute the onions and garlic in 1 Tablespoon olive oil in a sauce pot for 1-2 minutes, or beginning to soften.
4. Add rinsed and drained cans of black beans to the pot and stir to combine.
5. Add 1 cup of water and seasonings (chili powder, salt to taste, and pinch of red pepper flakes), then simmer for 10 minutes or until beans are soft and flavors are combined.
6. When the quinoa is done, fluff it with a fork and stir in the juice from the other lime, 2 Tablespoons chopped fresh cilantro, and salt to taste.
7. Heat your cooked chicken in the microwave or on the stovetop.
8. Make your bowls - layer quinoa, then black beans, and top with cooked chicken. Garnish with 0% Greek yogurt (or regular sour cream for family members not in weight loss mode), salsa, fresh cilantro, and lime wedges.

Ingredients:

Sheet Pan Broccoli and Shrimp

- 3 crowns of fresh broccoli, chopped into florets
- 1 1/2 pounds jumbo, tail-on shrimp (frozen and thawed is fine)
- 2 Tablespoons of water
- 3 Tablespoons rice wine vinegar
- 1 pinch pure stevia extract
- 4 cloves minced garlic
- 1 teaspoon ground ginger
- a pinch red pepper flakes
- 1/3 cup soy sauce
- 2 cups brown rice (cooked according to package directions)
- 1 bunch sliced green onions (green parts only)
- coconut oil spray
- salt and pepper to taste

Directions:

Before you start the shrimp and broccoli, you'll want to get your brown rice cooking according to package directions.

1. Preheat oven to 400 degrees.
2. Take a large baking sheet and line it with foil, then spray the foil with coconut oil spray.
3. Combine water, vinegar, stevia, garlic, ginger, red pepper flakes, and soy sauce in a small bowl and mix thoroughly.
4. Scatter the broccoli on the baking sheet, lightly season with salt and pepper, and pour 1/2 of the sauce over the broccoli.
5. Roast the broccoli for 20 minutes, stirring once halfway through.
6. Add the shrimp to the pan and pour the sauce over it. Return the sheet pan to the oven and cook for another 6 minutes, checking halfway through, and cooking until the shrimp is pink and cooked through.
7. Serve the broccoli and shrimp over 3/4 cup brown rice, and garnish with green onions.

Mississippi Chicken

Ingredients:

- 2 pounds boneless, skinless chicken breasts
- one 8 oz jar pepperoncinis, drained
- 1 stick of butter
- 1 1/4 cups grated monterey jack cheese
- 1 Tablespoon ranch seasoning
- coconut oil spray

Directions:

1. Spray the slow cooker with coconut oil spray and place the chicken in the bottom.
2. Sprinkle the tops of the chicken with 2 Tablespoons ranch seasoning.
3. Top with 1 stick of butter and pepperoncinis.
4. Cover the slow cooker and cook on low for 6-8 hours.
5. When the chicken is done, shred with two forks and serve on low-carb bread or over a salad.

One-Pan Cheesy Tacos

Ingredients:

- 1 large yellow onion, diced
- 1 1/2 pounds of ground beef
- 1 can mild Rotel
- 2 large zucchini, diced
- 2 Tablespoons taco seasoning
- 2 cups grated cheese (cheddar, monterey jack, or Mexican blend)
- 1 bunch green onions, sliced (green parts only)
- coconut oil spray
- salt and pepper to taste
- low-carb tortillas (optional)
- salsa and sour cream for toppings (optional)

Directions:

1. Spray a large pan with coconut oil spray.
2. Cook the ground beef.
3. Add zucchini, season both zucchini and beef lightly with salt and pepper, and cook through (about 5 minutes).
4. Pour can of Rotel over the top (please do not drain - you want the liquid!), then season with taco seasoning. Stir well to combine.
5. Simmer on low for about five minutes.
6. Sprinkle grated cheese over the top, and place a lid over the pan to melt the cheese.
7. Scatter green onions over the top of the melted cheese and serve.

I like to serve this with low-carb tortillas, or low-carb tortilla chips! To make the low-carb tortillas into tortilla chips, cut into wedges, arrange on a baking sheet, and spray with coconut oil spray or olive oil spray. Sprinkle with salt, then bake for 5 minutes at 350. After five minutes, carefully flip each piece over and cook for 3-5 minutes more, or until crispy.

Ingredients:

Low-Carb Tomato Chicken Soup

- one small jar no-sugar-added spaghetti sauce
- 2 Tablespoons Italian seasoning
- 2 teaspoons garlic powder
- 1 Tablespoon basil
- 2 cans of coconut milk
- one 24 oz. can diced tomatoes
- one 6 oz. can tomato paste
- salt and pepper
- 16 oz. chicken broth
- 5 boneless, skinless chicken breasts

Directions:

1. Put all ingredients in the crockpot and cook on low for 6-8 hours.
2. Once the soup is done cooking, shred the chicken, season with salt and pepper, and serve.