

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: Enchilada Bake

Day 2

Breakfast:

Lunch:

Dinner: Avocado Caprese Salad

Day 3

Breakfast:

Lunch:

Dinner: Crockpot Chicken Cacciatore

Day 4

Breakfast:

Lunch:

Dinner: Beef and Broccoli Alfredo

Day 5

Breakfast:

Lunch:

Dinner: Hawaiian Chicken

Day 6

Breakfast:

Lunch:

Dinner: Black Bean Chicken Salad

Weekly Meal Plan

Day 1
Breakfast:
Lunch:
Dinner:

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Breakfast:
Lunch:
Dinner:

Day 5
Breakfast:
Lunch:
Dinner:

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

2 bunches fresh cilantro
4 avocados
1 pint grape tomatoes
fresh basil
3 large heads romaine
2 heads of garlic
1 large onion
1 medium onion
2 large red bell peppers
1 broccoli crown
green onions
1 lime

Meat

8 large boneless, skinless chicken breasts
1 pound pre-cooked chicken breasts (OR
additional raw chicken breasts to cook)
6 boneless skinless chicken thighs
1 pound mild crumbled Italian sausage
1 pound ground beef

Dairy/Cold Section

1 small package queso fresco or feta cheese
16 oz grated cheddar cheese
sour cream (optional)
8 oz mini mozzarella balls
8 oz grated mozzarella
one 8 oz package cream cheese
1/2 cup heavy cream

Pantry

chili powder (you'll need 1/4 cup)
ground cumin
garlic powder
onion powder
crushed red pepper flakes
salt
pepper
dried thyme
dried oregano
dried rosemary
two 16 oz. packages microwave
brown rice, OR 2 pounds brown rice

Pantry (continued)

15 oz tomato sauce
4 oz can mild diced green chiles
two 14.5 oz cans diced tomatoes
balsamic vinegar
Dijon mustard
olive oil
1 green can parmesan
sesame oil
2 cans of chicken (or add addt'l
chicken breasts to Meat list)
1 large can pineapple chunks
soy sauce

Pantry

hot sauce (optional)
2 cans of black beans
red wine vinegar
dried basil

Staples

coconut oil spray
pure stevia extract

Other

gallon-sized Ziploc bags
baked tortilla or corn chips
(optional)

Ingredients:

- 1 cup crumbled queso fresco or feta cheese
- 1 pound boneless, skinless chicken breasts
- 4 oz can green chiles
- 2 cups grated cheddar cheese
- 1/2 cup chopped cilantro (fresh)
- sour cream (optional, for topping)
- coconut oil spray
- sliced avocado (optional)

Enchilada Bake

Ingredients for Sauce:

- 1/4 cup chili powder
- 15 oz tomato sauce
- 1 cup water
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

Directions:

1. Preheat oven to 400 degrees and spray a 9 x 13 casserole dish with coconut oil spray.
2. Put sauce ingredients in a sauce pan and stir well.
3. Slice the chicken thinly and add it to the sauce ingredients. Bring sauce and chicken to a low boil over medium heat, and simmer 15-20 minutes or until cooked through (or until a meat thermometer shows the correct temperature - 165 degrees).
4. Once the chicken is cooked through, remove from the pot and sauce and shred with forks (keep the sauce the in pan, you'll need it soon!).
5. Return the chicken to the pot and enchilada sauce, then add queso fresco or feta cheese, chiles, and cilantro. Season with salt and pepper to taste.
6. Spray a 9x13 casserole dish with coconut oil spray, then sprinkle 1 cup of the cheddar cheese on the bottom of the dish. Cover the cheese with the chicken mixture, then top with the remaining cup of cheddar cheese.
7. Cover the dish with foil and bake for 15 minutes, then remove the foil and bake for an additional 5 minutes or until cheese is bubbly.
8. Serve with sour cream, avocado, and a side salad if desired.

**If you are starting with raw bacon, my easiest/best/most favorite bacon-cooking method is to put the bacon in a single

Avocado Caprese Salad

Ingredients:

- 6 boneless skinless chicken thighs
- 1 pint of grape tomatoes, sliced in half
- 1 cup mini mozzarella balls
- salt and pepper
- 1 cup fresh basil
- 3 large heads romaine, washed and torn into bite-sized pieces
- 2 ripe avocados, diced

Dressing Ingredients:

- 2/3 cup balsamic vinegar
- 3 teaspoons black pepper
- 2 teaspoons salt
- 2 tablespoons Dijon mustard
- 1 1/3 cups olive oil
- 4 cloves minced garlic
- gallon-sized Ziploc bag

Directions:

1. Whisk the dressing ingredients together and put 5 Tablespoons into a gallon-sized Ziploc bag; reserve the rest of the dressing.
2. Add the chicken thighs to the bag and move it around so the dressing coats the chicken.
3. Heat one teaspoon olive oil in a pan and use a spatula to spread it around. Add the chicken pieces and cook until chicken is cooked through and light brown. Set the chicken aside.
4. Toss the salad ingredients, then slice chicken and add it to the salad. Pour remaining dressing over the salad and enjoy!

Ingredients:

- 4 cloves minced garlic
- 1 large diced onion
- 2 large red bell peppers
- two 14.5 oz cans diced tomatoes (drained)
- coconut oil spray
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons salt
- 2 teaspoons dried thyme
- 1/2 teaspoon dried oregano
- 2 teaspoons dried rosemary
- 5 large chicken breasts

Crockpot Chicken Cacciatore

Directions:

1. Spray crockpot with coconut oil spray.
2. Season chicken with salt and pepper on both sides and place in the crockpot.
3. Add all other ingredients to a small bowl and stir together, then pour over the chicken.
4. Cook on low for 6-8 hours.

Serve over cauliflower rice, zoodles, or Dreamfields pasta.

Ingredients:

Beef and Broccoli Alfredo

- 1 pound mild crumbled Italian sausage
- 1 pound ground beef
- 1 broccoli crown, finely chopped
- one 8 oz package cream cheese, softened
- 4 oz (1/2 cup) heavy cream
- 3/4 cup parmesan cheese
- salt and pepper to taste
- 1 tsp oregano
- 2 cloves minced garlic
- 1 medium onion, chopped
- 1 cup shredded mozzarella
- coconut oil spray

Directions:

1. Preheat oven to 350 degrees.
2. Spray a large pan with coconut oil spray and sauté the onions until translucent. Add the sausage and beef and cook until mostly brown.
3. When mostly cooked through, sprinkle the meat with seasoning and salt and pepper to taste, then drain the oil and set aside.
4. In a small mixing bowl, whip cream cheese, heavy cream, and parmesan with a hand mixer until well-combined. Add the dairy mixture and the chopped broccoli to the meat mixture and mix well.
5. Spray a 9x13 casserole dish with coconut oil spray, then pat the meat/dairy/broccoli mixture into the sprayed pan.
6. Top with shredded mozzarella, cover with foil, and bake at 350 for 45 minutes or until cheese is melted and bubbly.

Hawaiian Chicken

Ingredients:

- 1 tsp sesame oil
- 2 cans of chicken, drained, or 2 cups cooked chicken, shredded
- 1 can pineapple chunks, drained
- 1/4 cup soy sauce
- salt and pepper to taste
- two 16 oz. packages microwave brown rice, or 4 cups cooked brown rice
- pinch of stevia or sugar substitute
- 1 tsp onion powder
- 1 tsp garlic powder
- pinch of crushed red pepper
- salt and pepper to taste
- hot sauce (optional)

Directions:

1. Heat sesame oil in a skillet over low heat.
2. Microwave the rice, or boil from scratch using package directions if needed.
3. Add rice and chicken to skillet, and season with salt, pepper, onion powder, and garlic powder.
4. Add soy sauce and a pinch of stevia.
5. Stir in drained pineapple and heat through.
6. Serve with hot sauce, if desired.

Ingredients:

- Salt and Pepper
- 2 cans of black beans, rinsed and drained
- 1 Tablespoon olive oil (spread over 6 servings, this is OK for a THM E)
- 1 Tablespoon water
- 2 Tablespoons red wine vinegar
- 1/2 cup chopped fresh green onions
- 1 cup chopped fresh cilantro
- About 2 heaping cups of cooked, chopped or cubed chicken breasts
- juice of 1 lime
- 1 Tablespoon dried basil
- Trader Joe's baked blue corn chips (low fat), optional

Black Bean Chicken Salad

Directions:

1. Combine chicken, black beans, green onions, and cilantro in a medium-sized bowl.
2. Combine vinegar, olive oil, water, green onions, basil, and lime juice in a small bowl and whisk.
3. Toss dressing with salad and combine.
4. Serve with plan-approved chips.