

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: Cajun Shrimp

Day 2

Breakfast:

Lunch:

Dinner: Sheet Pan Chicken and Artichokes *requires time to marinate

Day 3

Breakfast:

Lunch:

Dinner: Crockpot Spaghetti with Sauce

Day 4

Breakfast:

Lunch:

Dinner: Black and Bleu Burgers

Day 5

Breakfast:

Lunch:

Dinner: Caesar Chicken and Steamed Veggies

Day 6

Breakfast:

Lunch:

Dinner: Portobello Pizzas and Salad

Weekly Meal Plan

Day 1
Breakfast:
Lunch:
Dinner:

Day 2
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Lunch:
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Breakfast:
Lunch:
Dinner:

Day 5
Breakfast:
Lunch:
Dinner:

Day 6
Breakfast:
Lunch:
Dinner:

Weekly Shopping List

Produce

1 head of garlic
Zoodles, if not using Dreamfields or brown rice
1 medium or large spaghetti squash
1 large yellow onion
your favorite ingredients for 3 side salads
1-2 large portobello mushroom caps PER PERSON

Meat

2 lbs large shrimp, peeled and deveined
2-3 pounds bone-in, skin-on chicken pieces
1 pound hot or mild Italian sausage
1-2 burger patties PER PERSON (I make 8-10)
2 pounds boneless, skinless chicken breasts

Dairy/Cold Section

1 pound of butter
16 oz heavy cream
8 oz bleu cheese
8 oz sour cream
1 pound mozzarella cheese (pre-grated or regular)

Pantry

Cajun seasoning
1 pound brown rice OR 1-2 boxes
Dreamfields pasta OR Zoodles
24 oz marinated artichoke hearts
1 extra large green can parmesan
on-plan salad dressing (for 3
salads)
1 large no-sugar spaghetti sauce
2 jars/cans no-sugar pizza sauce
16 oz no-sugar Caesar dressing
1 package mini pepperonis
dried oregano

Pantry (continued)

Frozen

1-2 bags of your favorite frozen
veggies for steaming

Other

foil

Staples

salt and pepper
olive oil
coconut oil spray or olive oil spray

Ingredients:

- 2 lbs. large shrimp - thawed, peeled, and deveined
- Salt and Pepper
- 1 tablespoon of olive oil
- 1 tablespoon of butter
- 3 tablespoons Cajun Seasoning
- 2 tablespoons minced garlic
- 1 pound brown rice for low-fat OR Dreamfields pasta or Zoodles for low-carb

Cajun Shrimp

Directions:

1. Cook rice or Dreamfields pasta according to package directions. If using Zoodles, press and sautee until soft.
2. In a large mixing bowl, toss shrimp with olive oil, Cajun seasoning, and garlic. Please make sure shrimp is coated in seasoning.
3. Melt butter in a large skillet over medium heat.
4. Add shrimp to pan (you may need to cook in batches to make sure the pan doesn't get crowded). Cook for 3 minutes on each side or until shrimp is pink on both sides and cooked through.
5. If you need to cook the shrimp in batches, transfer the cooked shrimp to a plate with a slotted spoon and continue to cook the rest of the shrimp.
6. When all of the shrimp is cooked, serve over cooked rice with hot sauce for a low-fat meal, OR over buttered noodles or Zoodles with parmesan for a low-carb meal.

Sheet Pan Chicken and Artichokes

Ingredients:

- 2-3 pounds bone-in skin-on chicken pieces
- 24 oz marinated artichoke hearts
- salt and pepper to taste
- 1/2 cup grated parmesan cheese (green can is fine)
- coconut oil spray or olive oil spray
- ingredients for side salad

Directions:

1. Place the chicken pieces in a large bowl and pour artichoke hearts (with liquid!) over the chicken.
2. Cover the bowl and put in the refrigerator to marinate for 2-3 hours.
3. Preheat oven to 375.
4. Spray a large, rimmed baking sheet with coconut oil spray or olive oil spray.
5. With a slotted spoon, pull chicken pieces and artichoke hearts out of the marinade and arrange on baking dish. Discard marinade.
6. Season the chicken with salt and pepper and bake for 25 minutes.
7. After 25 minutes, carefully flip each piece of chicken, sprinkle with more salt and pepper, then top with grated parmesan and return to oven.
8. Bake for an additional 20-30 minutes, or until meat thermometer shows chicken is cooked through and juices run clear.
9. Serve baked chicken and artichoke pieces with a side salad.

Crockpot Spaghetti

Ingredients:

- 1 medium or large spaghetti squash, cut crosswise with seeds scooped out
- 1 large jar no-sugar-added spaghetti sauce
- 1 pound ground Italian sausage (hot or mild both work great), rolled into 1 or 2 " balls
- olive oil
- salt and pepper
- coconut oil spray
- parmesan cheese

Directions:

1. Spray crockpot with coconut oil spray.
2. Pour the spaghetti sauce into the crockpot.
3. Rub the insides of the seeded spaghetti squash halves with olive oil, salt, and pepper, then place face down in the crockpot.
3. Arrange the sausage balls around the spaghetti squash.
4. Cook on "HIGH" for 3-4 hours or on "LOW" for 5-6 hours.
5. Remove the spaghetti squash and use a fork to pull the squash out in long strings like spaghetti. Mix the spaghetti squash with sauce and sausage, then top with parmesan cheese and serve.

Serve over cauliflower rice, zoodles, or Dreamfields pasta.

Ingredients: **Black and Bleu Burgers with Salad**

- 1 - 2 burger patties per person
- salt and pepper to taste
- 1/2 stick of butter
- 1 large yellow onion, sliced
- 2 cups heavy cream
- 1 cup bleu cheese
- ingredients for side salad

Directions:

1. Preheat oven to 350 degrees.
2. Season burger patties with salt and pepper on both sides and place on an ungreased baking sheet.
3. Bake for 10 minutes, flip over, and cook for an additional 10 minutes or until cooked to desired doneness.
4. While the burgers are cooking, make the bleu cheese sauce:
5. Melt 1/2 stick of butter in a large skillet.
6. Add sliced onions to pan and cook for about 5-7 minutes, or until the onion slices just begin to turn brown.
7. Once the onion slices are caramelized, add heavy cream.
8. Stir the onions and cream and let bubble over low/medium heat for about 5 minutes, or until the sauce begins to thicken.
9. Add the bleu cheese and stir until melted.
10. Serve each burger covered with bleu cheese sauce.

Ingredients: Caesar Chicken with Steamed Veggies

- 2 pounds boneless, skinless chicken tenders (or breasts cut into tenders)
- 16 oz Caesar salad dressing (look for no-sugar added, or under 2 grams of carbs per serving)
- 1 cup of sour cream
- 2 cups grated parmesan cheese, divided
- salt and pepper
- coconut oil spray or olive oil spray
- favorite frozen vegetables for steaming

Directions:

1. Preheat oven to 375.
2. Spray 9 x 13 baking dish with cooking spray.
3. Sprinkle each side of the chicken with salt and pepper and 1/2 cup parmesan cheese. Arrange chicken pieces in the bottom of the baking dish.
4. Whisk the sour cream and caesar dressing together, then pour over the chicken.
5. Place the chicken in the baking dish and sprinkle with remaining parmesan.
6. Cover the baking dish with foil and bake for 30 minutes, then remove foil and cook for an additional 10 minutes or until cooked through.
7. Chicken should be a bit bubbly and golden colored once cooked through, but if you'd like it to be a little browner you can broil for an additional 1-2 minutes.
8. Microwave or steam frozen vegetables according to package directions, and toss with butter, salt, and pepper before steaming.

Ingredients:

- 1-2 large portobello mushroom caps per person
- olive oil
- 1 pound of grated mozzarella cheese
- 1 package mini pepperoni
- 2 jars/cans no-sugar-added pizza sauce
- dried oregano
- salt and pepper
- side salad ingredients

Portobello Pizzas

Directions:

1. Preheat oven to broil.
2. Pull stems out of each mushroom, if needed, and use a basting brush to brush olive oil over both sides of each mushroom, then sprinkle the inside with salt and pepper.
3. Pour about 1/4 cup pizza sauce over each mushroom cap and spread so that it covers the inside.
4. Sprinkle each mushroom cap with cheese, then pepperoni, and top with a sprinkle of oregano.
5. Broil 2-3 minutes or until cheese is completely melted. Serve with side salad if desired.