

HEAT & EAT PANTRY MEALS

from Coach Jen
thewellplannedkitchen.com

SANTA FE QUINOA (E)

Heat cooked quinoa (pre-made by you or bought frozen from the store), one can of black beans, one can of corn, one can of mild Rotel, one can of chicken breast, and a small baggie with 1 teaspoon of cumin and 1 teaspoon of chili powder in a pot on the stovetop until heated through. Add more seasoning to taste if desired.

BLACK BEAN SOUP (E)

Sauté one bag of frozen onion in a pot until translucent, then add one pre-mixed taco seasoning packet (be sure there's no added sugar or off-plan ingredients), 2 cans of black beans, and 2 cans of chicken broth for black bean soup.

QUICK NO TORTILLA SOUP (E)

Combine 1 can of corn, 2 quarts chicken broth, 1 can of black beans, one 10 oz can of chicken, 1 can of mild Rotel, 2 teaspoons cumin, 1 teaspoon chili powder, 1/2 tsp garlic power, and salt and pepper to taste in a pot and heat through

NOTES:

- Combine, heat, and season as desired
- Use white meat for E recipes and dark/white in S recipes
- Double or triple recipes if needed
- Please make sure pre-packaged quinoa and rice are on-plan, without added oils or starches

EASY DINNER CHEAT SHEET

Chicken Edition (Rotisserie or Canned)

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SALAD WITH CHICKEN (S)

chicken + bagged salad + grape tomatoes & favorite chopped non-starchy veggies + THM-friendly dressing

BURRITO BOWLS (E)

chicken (white meat) + microwave brown rice + salsa + heated black or pinto beans

CHEESY CHICKEN DIP (S)

chicken + 2 cups grated cheese + 1 can Rotel + baked low-carb tortillas for dipping

CHICKEN ALFREDO (S)

chicken + on-plan Alfredo sauce + Dreamfields pasta or spiralized zucchini

MEXICAN QUINOA SALAD (E)

chicken (white meat) + pre-cooked frozen quinoa, 1 can of corn (drained), 1 can black beans (drained), salsa

LOADED SWEET POTATOES (E)

chicken (white meat) + 1 can black beans (drained), salsa, 0% Greek yogurt, on top of microwaved sweet potatoes

CHICKEN QUESADILLAS (S)

chicken + cheese + low carb tortilla (serve with sour cream, salsa, and guacamole)

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THANK YOU

Thank you for giving me the opportunity to serve with the free class and bonus resources! ¹

I'd love to keep connecting with you online!

I have tons of free resources and helps available at TheWellPlannedKitchen.com

You can join my FREE Facebook Group here:

THM Made Easier with Coach Jen

I offer free THM classes and tips on **YouTube** - I'd love to see you over there! I have many years worth of content to binge!

If you need support and help on your journey, I have many THM Master Classes that are budget-friendly, helpful challenges, and my immersive Bootcamp to get you on track and making progress - you can learn more here:

Trim Healthy Coaching with Jen

LET'S DO THIS.

Coach Jen

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