

5 DAY TRIM HEALTHY DINNER MENU FOR BUSY FAMILIES EASY FAMILY APPROVED RECIPES!!





WELCOME!

HEY THERE! I KNOW HOW CRAZY DINNER TIME CAN GET, WHICH IS WHY I CREATED THIS 5-DAY DINNER MENU JUST FOR YOU. EACH RECIPE IS EASY, THM-FRIENDLY, AND COMES STRAIGHT FROM MY BLOG. SPEND LESS TIME PLANNING AND MORE TIME ENJOYING YOUR FAMILY MEALS! I TYPICALLY SEPERATE MY CARBS AND MY FATS. I HAVE LABELED THEM AS CARB OR FAT NEXT TO THE TITLE.

Jennifer Overstreet

SHEET PAN BEEF BULGOGI (FAT)

SERVES 4 | PREP 10 MIN | COOK 15-20 MIN

INGREDIENTS

- 1/4 C Soy Sauce, I use Bragg's
- 2 T Brown Swerve Or other desired sweetener
- 1 t Worcestershire Sauce
- 1 T Minced Ginger
- 2 t Sesame Oil
- 2 t Sesame Seeds
- 1 T Minced Garlic
- 1 1/2 Lb Thin sliced Sirloin
- 1 M-L Thinly Sliced Onion Add any other veggies you want



DIRECTIONS

1. Mix all of the marinade ingredients together in a baggie.
2. Add the sirloin. Allow the beef to marinate at least 30 minutes, longer is better.
3. Pour onto a sheet pan. Add your onions and any other veggies you desire.
4. Bake at 400 degrees for 15-20 minutes. Serve as desired.

MEXICAN QUINOA CARB MEAL

SERVES 6 | PREP 5 MIN | COOK 4 HOURS

INGREDIENTS

- 1 cup quinoa, rinsed
- 1 can black beans, drained
- 1 Cup frozen corn,
- 1 ½ C Frozen Seasoning Blend
- 1 T Minced garlic
- 1 can Rotel
- 1 T chili powder
- 2 tsp cumin
- 1 Can Enchilada Sauce
- Salt and pepper, to taste
- ¾ C Water or Broth
- 1 ½ lb Boneless, Skinless Chicken Breasts
- Toppings as desired



DIRECTIONS

1. In my original recipe, I made the enchilada sauce, but to keep this easy, you can use canned.
 2. Add everything to your crockpot (you can cook on the stove or instant pot if needed) except chicken breasts. Stir.
 3. Add chicken breasts.
 4. Cover and cook on low for 4-6 hours or high 2-3.
 5. When the chicken is cooked through, shred.
 6. Serve with desired toppings: I ate mine with laughing cow cheese and cilantro.
 7. Some other ideas, pico, jalapenos
- For carbs and fats together: Shredded cheese, sour cream, avocados.

CROCKPOT PIZZA BOWLS (FAT)

SERVES 4-6 | PREP 10 MIN | COOK 3 HOURS

INGREDIENTS

- Frozen cooked meatballs, enough to cover the bottom of the crockpot You can also use browned Italian sausage and/or hamburger
- Pepperoni, cut in half I used most of the bag
- 1/2 - 1 Bag of frozen peppers 1-2 and onions
- 24 oz Jar of Marinara
- 1-2 C Shredded Cheese, mozzarella, or a blend
- Optional add-ins: mushrooms, olives, banana peppers



DIRECTIONS

1. Add sauce and then meat to the crockpot.
2. Add any veggies you want.
3. I typically add the cheese about an hour before it's finished, but you can add it whenever you want.
4. Serve! Add garlic bread for kids.

RED BEANS AND RICE (CARB)

SERVES 4 | PREP 10 MIN | COOK 2 HOURS

INGREDIENTS

- 13 oz Butterball Smoked Turkey Sausage, cut into coins
- 1 1/2 C Frozen Cooking Blend
Or 1 medium onion and bell pepper, chopped
- 2, 15 oz Cans Red Beans, rinsed
- 1 t Salt
- 1/2 t Pepper
- 1 t Smoked Paprika
- Few Shakes Hot Sauce
- 2 t Minced Garlic
- Cooked Brown Rice
- Chopped green onions for topping
- 12 oz Can Rotel, undrained
- 1/2 to Full Rotel can with water
I like a little sauce but not too much

DIRECTIONS

Cook the cooking blend for a little bit. If you are using fresh you will need some water or broth. Cook until you are satisfied with the doneness. I don't like crunchy bell pepper in my food, so I like mine well done.



Add garlic and seasoning. IF you are using a skillet and a crockpot, transfer this mixture to the crockpot.

Add the sausage. Stir.

Add rinsed beans and Rotel.

Allow to cook on low 2-3 hours. You can add a little liquid if it seems dry.

Taste and add more seasonings if you think it needs it. We typically add it to our bowls.

Serve hot over cooked brown or cauliflower rice. Top with green onions if desired.

CROCKPOT CAESAR CHICKEN (FAT)

SERVES 4 | PREP 20 MIN | COOK 30 MIN

INGREDIENTS

- 1 1/2- 2 Lb Chicken Breasts
- Caesar Dressing
- 1/4-1/2 C Shredded Parmesan Cheese
- 1 M-L Lemon
- 1/2-1 C Chicken Broth Add this especially if you aren't using the whole bottle of dressing.



DIRECTIONS

1. Place chicken breasts in crockpot. If adding broth, pour the broth in. Sprinkle on seasonings, Pour the dressing on top of the chicken. Squeeze the lemon on top. Sprinkle the Parmesan cheese.
2. Cook 3-4 hours on high or low 5-6 hours.
3. Remove chicken from the crockpot. If wanting to slice, allow to cool a little and then slice.
4. Serve as desired.

- PRODUCE

- 1-2 MEDIUM ONIONS
- 1-2 BELL PEPPERS
- 1 MEDIUM LEMON
- 3 CUPS FROZEN COOKING BLEND (OR SUBSTITUTE WITH ONION + BELL PEPPER)
- CHOPPED GREEN ONIONS (FOR TOPPING)
- OPTIONAL VEGGIES: MUSHROOMS, OLIVES, JALAPEÑOS, BANANA PEPPERS

- PROTEINS

- 1 1/2-2 LB CHICKEN BREASTS (USED IN 2 RECIPES)
- 1 1/2 LB THINLY SLICED SIRLOIN
- 13 OZ SMOKED TURKEY SAUSAGE
- FROZEN COOKED MEATBALLS (OR BROWNED ITALIAN SAUSAGE / HAMBURGER)
- PEPPERONI (AS MUCH AS DESIRED)

- DAIRY

- 1/4-1/2 CUP SHREDDED PARMESAN CHEESE
- 1-2 CUPS SHREDDED CHEESE, MOZZARELLA OR BLEND

- PANTRY / CANNED GOODS

- CAESAR DRESSING, WHATEVER BRAND YOU WANT
- 1/4 CUP SOY SAUCE (BRAGG'S RECOMMENDED)
- 24 OZ JAR MARINARA SAUCE
- 2 15 OZ CANS RED BEANS, RINSED
- 2 12 OZ CANS ROTEL (UNDRAINED)
- 1-2 CUPS WATER OR CHICKEN BROTH AS NEEDED
- 1 CUP UNCOOKED QUINOA
- 1 CAN BLACK BEANS, RINSED
- 1 CUP FROZEN CORN (OR CANNED)
- 1/2-1 CAN ROTEL WITH WATER (FOR RED BEANS & RICE)
- ENCHILADA SAUCE

- SPICES / SEASONINGS

- 2 TSP SESAME OIL
- 2 TSP SESAME SEEDS
- 1 TSP SMOKED PAPRIKA
- MINCED GARLIC
- 1 TSP SALT
- 1/2 TSP PEPPER
- 1 TSP WORCESTERSHIRE SAUCE
- 1 TBSP MINCED GINGER
- 1 TBSP CHILI POWDER
- 2 TSP CUMIN
- BROWN SWERVE OR OTHER SWEETENER (2 TBSP)
- FEW SHAKES HOT SAUCE