



# THE BUSY MOM'S DINNER PLAN

5 HEALTHY, ENERGY-BOOSTING RECIPES  
YOUR WHOLE FAMILY WILL LOVE

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## Ugh...what's for dinner?

**I**t seems like I am always asking this question—or hearing it from my family! Do you know what I mean? You've worked hard and been crazy-busy nonstop all day... and then evening rolls around, and you start thinking... do I really have to cook now? It is sooooo tempting to call in some carryout or dig something cheesy and greasy out of the freezer.

Oh right...even when you DO manage to plan and cook a nice meal, the picky eaters in your family don't wanna touch it. It's so frustrating, I know, I've been there!

**This week, I want to help you take the drama out of dinnertime.**

You CAN cook a healthy, energy-boosting meal for your family that will have even your pickiest eater asking for seconds. If you're looking to feel great and lose weight, meal planning is a HUGE part of your success.

In this guide, you'll find a handy meal plan, ready to go for the week. I have put together 5 tasty, healthy, simple recipes, all of which you can have on the table in 20 minute or less. I've shared them with hundreds of families (to rave reviews!) over the years, and I'm so happy to share them with you, too!

I've also made your shopping list! Just print it and you are ready to rock the grocery store. (Tip: If you can, go at night after the kids are in bed. Stick in those headphones and listen to your favorite playlist while you shop. It's practically an island vacation.)

***Be sure and connect with me on Facebook and let me know what you think! Enjoy!***



Stephanie  
FUN FIT MOM



## Ingredients:

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1 lb ground turkey or ground beef

1 pkt taco seasoning

2-3 cups cooked brown rice

1 can black beans,  
rinsed and drained (*optional*)

1 cup shredded cheese

## Optional Toppings:

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salsa, guacamole, lettuce, etc.

# Taco Skillet

20 MINUTES

SERVES 4-5

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## Instructions:

Brown turkey in skillet and drain off fat.

Season with taco seasoning and stir in cooked rice and beans.

Turn heat to low and top with shredded cheese.

Serve once the cheese has melted.

Top each serving with your favorite taco toppings.

## Time Saving Tip:

*I buy the frozen brown rice from Trader Joe's to make this a super quick meal.*

## Ingredients:

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4 boneless, skinless  
chicken breasts

2 cups of canned crushed  
pineapple (in juice, NOT syrup)

1 jar of salsa verde

## Pineapple Chicken Verde

CROCK-POT  
SERVES 4-6

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### Instructions:

Place all ingredients into crock-pot  
and cook on low for 4-6 hours.

Serve over brown rice or quinoa with  
a side of veggies.



## Ingredients:

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2.5 lb roast beef, boneless

4 garlic cloves, minced

1 cup beef broth

1 cup balsamic vinegar

1T honey

1T soy sauce

1T Worcestershire sauce

1 tsp red pepper flakes (optional)

## Balsamic Roast Beef

CROCK-POT

SERVES 6-8

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### Instructions:

Put all ingredients in crockpot and cook on low for 8 hours.

Serve with a leafy green salad, steamed asparagus or baked sweet potatoes.

## Ingredients:

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1 lb boneless, lean pork tenderloin

1/4 cup honey

1/4 cup low sugar maple syrup or additional honey

1/3 cup mustard

1/2 cup orange juice

1 T balsamic vinegar

1/2 tsp paprika

1/4 tsp pepper

1/2 tsp onion powder

2 tsp minced garlic

## Honey Mustard Pork Tenderloin

CROCK-POT

SERVES 4-5

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### Instructions:

Mix all ingredients, except for tenderloin.

Add mixture to Ziploc bag and then add tenderloin.

Let marinate for at least 30 minutes.

Choose one of the following ways to cook:

1. Grill over medium heat until internal temp is 145°.
2. Roast in oven at 425° for 25-30 minutes or until internal temperature is 145°. Broil for an additional 5 minutes to get the top lightly browned.
3. Cook in crock-pot 6-8 hours on low. Brown both sides of tenderloin in skillet before transferring to crock-pot.

Serve with steamed broccoli, salad, and brown rice or quinoa.



## Ingredients:

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1 1/2 lbs boneless, skinless chicken breasts

1 (16oz) jar organic salsa

1 (15oz) black beans, rinsed and drained

1/2 lb frozen corn

1 T chili powder

1 1/2 tsp cumin

1 1/2 tsp minced garlic

1/2 tsp dried oregano

1/4 tsp cayenne pepper

1/4 tsp salt, pepper to taste

## Optional Toppings:

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Lettuce, salsa, guacamole, shredded cheese, etc.

# Taco Chicken Bowls

CROCK-POT

SERVES 6

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## Instructions:

Add all ingredients to your slow cooker.

Mix well.

Cook on high for 4 hours or low for 6-8 hours.

Near the end of the cooking time, cook two cups of brown rice according to the package directions.

Serve chicken mixture over brown rice.

Enjoy!

# The Busy Mom's Shopping List

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## Meat/Poultry

- ☐ 1 lb ground turkey or beef
- ☐ 3 1/2 lbs boneless, skinless chicken breasts
- ☐ 2 1/2 lb roast beef, boneless

## Canned Goods/Pantry Staples

- ☐ 2 cans black beans
- ☐ 10 oz can crushed pineapple in juice
- ☐ 10-12 oz jar salsa verde
- ☐ Beef broth
- ☐ Salsa (2 jars)
- ☐ Brown rice (*frozen saves time!*)
- ☐ Quinoa

## Dairy

- ☐ 16 oz bag Cheddar Cheese

## Other

- ☐ Orange Juice
- ☐ 8 oz Frozen Corn

## Produce

- ☐ Lettuce
- ☐ Salad veggies (*of choice*)
- ☐ Garlic
- ☐ Broccoli
- ☐ Avocado or pre-made guacamole
- ☐ Veggies (*to serve as side dish*)

## Seasonings/Spices

- ☐ 1 packet taco seasoning
- ☐ Balsamic vinegar
- ☐ Honey
- ☐ Soy sauce
- ☐ Worcestershire sauce
- ☐ Red pepper flakes
- ☐ Maple syrup
- ☐ Mustard
- ☐ Paprika
- ☐ Onion Powder
- ☐ Chili Powder
- ☐ Cumin
- ☐ Oregano
- ☐ Cayenne