

A Mind "Full" MOM

REAL FOOD. REAL FAMILY. REAL BUDGET

Meal Planner

SUNDAY

Chicken Shawarma

Instant Pot Jasmine Rice

MONDAY

Pesto Pasta

Greek Salad

TUESDAY

Fish Tacos

Instant Pot Cilantro Lime Rice

WEDNESDAY

Grilled Greek Chicken

Chickpea Salad

THURSDAY

Chicken Gyros

Summer Fruit Salad

FRIDAY

Pesto Pizza

Greek Salad

SATURDAY

Veggie Egg Rolls

Easy Fried Rice



BREAKFAST IDEAS

Oven Pancake

Hashbrown Breakfast Casserole

Overnight Oats

LUNCH IDEAS

Mediterranean Chickpea Salad

Veggie Wrap

Thai Noodles

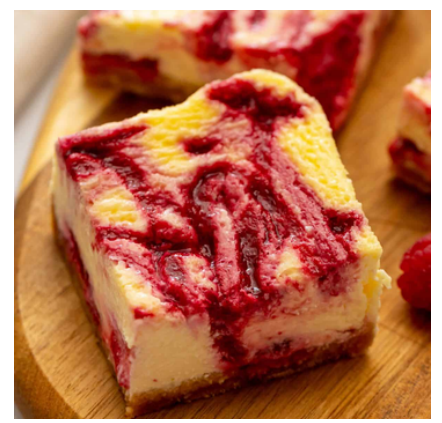
SNACK IDEAS

Raspberry Cheesecake Bars

Tropical Kale Smoothie

Stovetop Popcorn

GROCERY LIST



MEAL PLAN NOTES

- This week uses a lot of chicken breasts and flavorful toppings. I love to prepare a large batch of rice to use throughout the week.
- If desired, use all chicken shawarma in place of Greek chicken.
- Use tomatoes and cucumbers for salads and toppings for shawarma, and Gyros pesto pasta, and pesto pizza.
- On Tuesday, shred a full head of cabbage. Use a portion for the slaw for fish tacos and save the remaining cabbage to use for egg rolls and fried rice on Saturday night and Thai Noodles for lunches.
- On Wednesday, prepare extra Greek chicken to use for Gyros and extra chickpea salad to serve for lunches.
- Use pesto for both pesto pizza and pesto pasta. Feel free to omit chicken from pesto pizza to keep things simple.
- On Saturday, use leftover rice to make fried rice with any leftover vegetables from the week. If desired, make baked egg rolls for a fun take-out fake-out meal.

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PRODUCE

- Lemons (4-6)
- Limes (2)
- 1 head of green or purple cabbage
- 1 large bag mixed greens
- 3-4 pints of cherry/grape tomatoes
- 3-4 English cucumbers
- 1 bunch cilantro
- 2 bunch parsley
- shallot for salad if desired
- 1-2 red onions
- eggroll wrappers--in produce section
- fresh basil
- frozen peas for fried rice
- carrots for fried rice

PROTEINS

- 6 pounds chicken breasts
- white fish fillets (4 fillets)

BREADS/GRAINS

- pita bread for gyros and Shawarma
- tortillas for fish tacos
- brown or white rice
- pizza dough or homemade pizza dough

DRY GOODS

- 2-3 cans of chickpeas
- kalamata olives
- capers
- red wine vinegar
- homemade pesto or jarred
- 16 ounces pasta of choice
- Tahini
- spices for shawarma (turmeric, paprika, cardamom, etc)
- mayonnaise
- hot sauce

DAIRY

- Greek yogurt
- Parmesan
- feta for chickpea salad
- fresh or block mozzarella for pizza