

A Mind "Full" MOM

REAL FOOD. REAL FAMILY. REAL BUDGET

SUNDAY

Mexican Lasagna

MONDAY

Asian Noodle Salad

TUESDAY

Leftover Mexican Lasagna

Chips and Guacamole

WEDNESDAY

Grilled Teriyaki Chicken

with leftover Asian Noodle Salad

THURSDAY

Grilled BBQ Chicken

or Instant Pot BBQ Chicken

Instant Pot Corn on the Cob

or Grilled Corn on the Cob

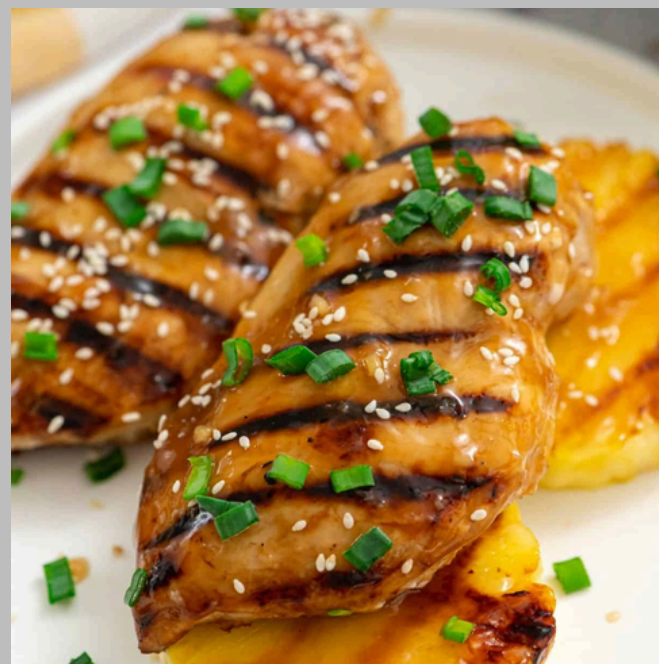
FRIDAY

BBQ Chicken Pizza

Summer Fruit Salad

SATURDAY

BBQ Chicken Salad



BREAKFAST IDEAS

[Green Chile Egg Casserole](#)

[Whole Wheat Waffles](#)

[Baked Oatmeal Cups](#)

LUNCH IDEAS

[Baked Tostadas](#)

[Homemade Ramen](#)

[Easy Bean Burritos](#)

SNACK IDEAS

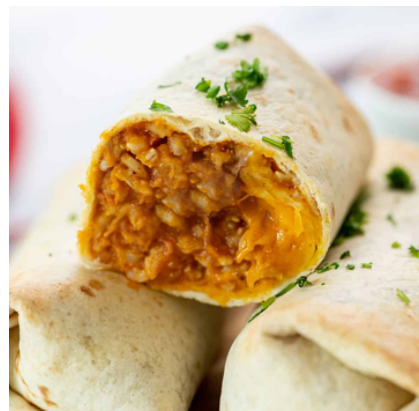
[Pineapple Zucchini Bread](#)

[Drumstick Ice Cream Cones](#)

[No Bake Oatmeal Energy Balls](#)

GROCERY LIST

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MEAL PLAN NOTES

- Mexican Lasagna makes 8 hearty servings. For a family of 4 prepare one tray and enjoy both Sunday and Tuesday night. If you are a larger family, serve with a side of chips and guacamole, rice, and/or beans to make the main course last for 2 meals.
- Use toppings to serve with bean burritos or tostadas for lunch.
- Use romaine or iceberg lettuce to top Mexican Lasagna and BBQ Chicken Salad.
- On Monday, prepare a double batch of Asian Noodle Salad. Enjoy it as a hearty meatless meal on Monday and as a side with Teriyaki Chicken on Wednesday.
- On Thursday, prepare a double batch of BBQ Chicken. Reserve half for Friday and Saturday dinners. Prepare extra corn on the cob as well to add to BBQ Chicken Salad.
- Use leftover eggs, cheese, and cottage cheese to make Green Chile egg casserole for breakfast if desired.

MEATS/PROTEINS

- 24 ounces lean ground beef
- 4-6 pounds chicken breast

GRAINS/BREADS

- pizza dough/ingredients for pizza dough
- tortillas for lasagna

DRY GOODS/STAPLES

- 16 oz spaghetti noodles
- hot sauce
- soy sauce
- 2 cups pineapple juice
- BBQ Sauce
- 16 ounce can diced tomatoes with green chiles
- toasted sesame oil
- rice vinegar
- honey or brown sugar
- cornstarch
- tortilla chips

PRODUCE

- 2 bags broccoli slaw
- 1 bunch green onions
- 1 lime
- 2 red bell peppers
- romaine lettuce for salad and topping lasagna
- fresh fruit--berries, kiwi, melon, etc.
- 1 fresh pineapple
- 2 yellow onions
- 8 ears of corn
- 1 English cucumber
- pint cherry/grape tomatoes for BBQ salad
- avocados, roma tomatoes, onion, and lime if making Guacamole

DAIRY/REFRIGERATED GOODS

- 8 oz Pepper Jack Cheese
- 16 oz cheddar cheese
- 16 oz cottage cheese
- eggs