

A Mind Full MOM

SUNDAY

Baked Rotini

Olive Garden Salad

Garlic Toast

MONDAY

Broccoli Cheese Soup

with Leftover Salad & Garlic Toast

TUESDAY

Black Bean Tacos

Instant Pot Cilantro Lime Rice

WEDNESDAY

Crockpot Chicken Chili

or Instant Pot Chicken Chili

THURSDAY

Easy Chicken Cordon Bleu

Baked Broccoli

FRIDAY

Leftover Chicken Chili
over rice

SATURDAY

Stuffed Pepper Casserole



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MEAL PLAN NOTES

- On Sunday, prepare extra salad and garlic toast to serve with the soup on Monday.
- Purchase a large pack of chicken breasts and use for chicken chili and chicken cordon bleu.
- Use fresh broccoli florets for both baked broccoli and broccoli cheese soup.
- Prepare extra rice on Tuesday to serve with leftover chicken chili to make quick and easy burrito-like bowls.
- No Instant Pot? Prepare 2 cups of rice on the stove per package instructions. Once cooked, fold in zest and juice of 1 lime, a pinch of salt, and $\frac{1}{4}$ cup minced cilantro.
- Use any leftover cottage cheese from Rotini bake to make cottage cheese pancakes for breakfast.
- Purchase sliced ham and Swiss from the deli for the chicken cordon bleu to minimize waste OR use leftovers for egg cups and/or ham and cheese sandwiches for lunch.

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MEATS/PROTEINS

- 2 lb boneless skinless chicken breasts
- 1 pound lean ground beef
- 8 thin slices of ham

DRY GOODS/STAPLES

- long-grain brown or white rice
- 2 (32 oz) cartons chicken stock (use for rice, chili, cordon bleu, and broccoli soup)
- 24 oz spaghetti sauce
- 16 oz rotini noodles
- 1 (8-ounce) can tomato sauce
- 1 (10 oz) can mild diced tomatoes with green chiles
- 2 (15 oz) cans diced tomatoes
- 2 (15 oz) cans pinto beans
- 2 (15 oz) cans black beans
- 1 cup Pale light lager (or additional stock)
- ¼ cup dry white wine, OPTIONAL
- croutons for salad
- mayo for salad dressing
- black olives for salad
- pepperoncini peppers for salad

GRAINS/BAKERY

- taco shells
- thickly sliced bread for Garlic toast

PRODUCE

- 3-4 yellow onions
- 2-3 limes
- 1 bunch cilantro
- 1 jalapeno (optional)
- 2 green peppers
- 1 red bell pepper
- 2 cups frozen corn
- iceberg lettuce mix for salad
- 3-5 roma tomatoes for salad
- 2-3 large heads of broccoli

DAIRY/REFRIGERATED GOODS

- 1½ cups half and half for broccoli soup
- ~24-32 oz cheddar cheese for chili, tacos, stuffed pepper casserole, and broccoli cheese soup
- 16 oz mozzarella cheese for pasta bake and stuffed peppers
- 8 slices Swiss Cheese for chicken cordon bleu
- 16 ounces cottage cheese
- eggs (optional)
- butter for garlic bread
- parmesan