

# A Mind Full MOM

## SUNDAY

Crockpot Chicken Chili  
or Instant Pot Chicken Chili

Homemade Cornbread

## MONDAY

Blackened Chicken

Instant Pot Sweet Potatoes

## TUESDAY

Black Bean Tacos

Healthy Pina Colada

## WEDNESDAY

Leftover Chili

## THURSDAY

Happy Thanksgiving!  
Get recipe every recipe you need  
[HERE!](#)

## FRIDAY

Leftover Thanksgiving Pizza

Leftover Salad or Veggies with Dip

## SATURDAY

Southwest Turkey Soup





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## MEAL PLAN NOTES

- Make a big batch of cornbread and chicken chili on Sunday and enjoy leftovers Wednesday night for a simple meal.
- Make extra Instant Pot Sweet Potatoes on Monday and use some to make your sweet potato casserole.
- Use canned pineapple tidbits in 100% juice to make pina colada smoothies on Tuesday and serve the pineapple with the chili the
- For Friday and Thursday, both utilize leftover turkey and Friday uses cranberry sauce as well. Feel free to use any Thanksgiving leftover recipe in their place.

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## MEATS/PROTEINS

- 1 pound boneless, skinless chicken breasts

## GRAINS/BREADS

- pizza dough for leftover pizza
- taco shells
- cornbread ingredients or box

## PRODUCE

- 5 pounds sweet potatoes (if making extra for sweet potato casserole)
- 4 cups frozen or fresh corn (for chili and taco soup)
- 2-3 yellow onions
- 2 bell pepper (optional for chili and turkey soup)
- toppings for tacos (tomatoes, avocados, etc)
- 1 lime
- 2-3 bananas for smoothie

## DRY GOODS/STAPLES

- 4-6 (16 ounces) cans of black beans
- BBQ sauce for pizza
- 15 oz can fire roasted diced tomatoes
- 3 (10 oz) can mild diced tomatoes with green chiles
- 2 (15 oz ) cans pinto beans
- 4 (15 oz ) cans black beans
- coconut milk for smoothies
- canned pineapple in 100% juice for smoothies
- 48 oz chicken stock

## DAIRY/REFRIGERATED GOODS

- cheddar cheese for pizza, soups, and tacos
- orange juice for smoothies
- 4 oz cream cheese for Turkey Soup