

A Mind Full MOM

SUNDAY

Beef Barbacoa

Instant Pot Cilantro Lime Rice

or Pineapple Lime Rice

MONDAY

Potato Corn Chowder

or Instant Pot Potato Corn Chowder

Homemade Biscuits

Kale Salad

TUESDAY

Burrito Bowls made with leftover Beef and Rice

Tropical Kale Smoothie

WEDNESDAY

Vegetarian Curry

with noodles or rice

THURSDAY

Kale Pasta

Kale Salad

FRIDAY

Instant Pot Zuppa Toscana

Kale Salad

SATURDAY

Honey Chicken

Roasted Potatoes

Roasted Asparagus



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BREAKFAST IDEAS

Eggnog French Toast Casserole

Instant Pot Egg Bites

Overnight Oats

LUNCH IDEAS

Avocado Chickpea Sandwiches

Burritos with Leftover Beef Barbacoa

Turkey Club Wrap

SNACK IDEAS

Neiman Marcus Cookies

Snowball Cookies

Homemade Eggnog

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- On Sunday, prepare a Mexican Barbacoa. If you don't have an instant pot, cook the beef in a slow cooker for 8-10 hours on low. Serve the beef over tortillas or rice as desired and then serve the remaining meat on Tuesday (and for lunches) in burrito bowls.
- To make the Zuppa Toscano soup on the stove, sauté the bacon, sausage, and onions as directed in a large heavy-bottomed soup pan. Add the wine, broth, potatoes, kale, and seasonings and bring to a boil. Simmer, covered, for 15-20 minutes, or until the potatoes are tender-be sure to stir every lit. Add cream and simmer for another 5-10 minutes with the lid off until thickened.
- Use red potatoes for potato corn chowder, roasted red potatoes, and Zuppa Toscano soup.
- You will only need a small bit of bacon for the Zuppa Toscano soup. I suggest using the rest for Egg Bites and turkey club wraps for lunch. You can also omit the bacon if you desire or freeze the remaining bacon for later use.
- You will also only need 1/2 pound of Italian sausage for the soup as well. Freeze the other half to use another night.
- Purchase a large bag of chopped kale and use it for Curry, Kale Pasta, Zuppa Toscana, Kale Smoothie, and Kale Salad.

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MEATS/PROTEINS

- 3 lb chuck roast
- 1/2 lb Italian Sausage
- bacon (optional)
- 1 lb chicken breast

GRAINS/BREADS

- brown or white rice
- tortillas for shredded beef
- ingredients for biscuits

PRODUCE

- 5 lbs Red Potatoes
- 2-3 Apples for Kale Salad
- 1 bag of yellow onions
- 1 large bag kale
- toppings for burrito bowls--
cabbage, avocado, tomatoes, etc
- 3 limes
- 2 lemons
- jalapeno
- bananas for smoothies
- corn--canned corn, fresh, or frozen
(this time of the year I prefer
frozen)
- cilantro if desired
- 1 lb asparagus
- 1 fresh pineapple (optional)
- 1 butternut squash
- 1 knob fresh ginger

DRY GOODS/STAPLES

- minced garlic
- 2 (16-ounce) can of chickpeas
- chipotle peppers in adobe sauce
- 16 ounces beef stock
- 2 (32 oz) cartons vegetable broth
- 1 cans beer (optional)
- dry white wine (optional)
- dried cranberries for kale salad
- apple cider vinegar
- nuts for kale salad
- 1 (13.5 oz) can coconut milk
- red curry paste
- peanut butter

DAIRY/REFRIGERATED GOODS

- half and half or milk for both
soups
- cheese for burrito bowls if
desired (feta is delicious)
- orange and pineapple juice for
smoothies