

A Mind Full MOM

SUNDAY

Homemade Rotisserie Chickens

Roasted Potatoes & Carrots

MONDAY

Pasta Puttanesca

Caesar Salad

TUESDAY

Buffalo Chicken Tacos

Carrots & Celery with Ranch

WEDNESDAY

Chicken Pot Pie

Greek Salad

THURSDAY

Instant Pot Minestrone Soup
or Slow Cooker Pot Minestrone Soup

Caesar Salad

FRIDAY

Spinach Pizza

leftover veggies or salad

SATURDAY

Baked Cod

Greek Salad



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MEAL PLAN NOTES

- On Sunday, make 2 Rotisserie Chickens. Enjoy one tonight and save the other to make the chicken pot pie and buffalo chicken tacos.
- Along with preparing extra chicken, also prepare extra potatoes and carrots. Use those in place of the boiled carrots and potatoes to make whipping up homemade pot pie that much easier on a weeknight.
- I use the bones of the chicken along with veggie scraps from carrots and onions to make homemade chicken stock to use the recipes for the week. It is a huge money saver and super simple to do.
- Make a large Caesar Salad AND/OR Greek Salad and serve with dinner. I like both to be included with meals this week.
- Use the leftover olives and feta from the puttanesca to make the Greek salad and/or Greek quinoa salad for lunches. Use the leftover anchovies (if using) to make the Caesar dressing.
- Use spinach for salads, for the spinach pizza, and in minestrone.
- Use leftover celery, carrots, etc for snacking with dill dip throughout the week.

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MEATS/PROTEINS

- 2-3 whole chickens
- 4-6 salmon filets

GRAINS/BREADS

- tortillas/shells for chicken tacos
- pizza dough or [ingredients for pizza dough](#)
- Baguette for croutons

DRY GOODS/STAPLES

- 32 ounces chicken broth
- 32 ounces vegetable broth (or additional chicken broth)
- minced garlic
- red wine vinegar
- honey
- red wine (optional)
- 28 ounces whole tomatoes
- 28 ounces diced tomatoes
- 15 ounces marinara sauce
- 1 (15-ounce) cans kidney beans
- 16 ounces corkscrew noodles
- 1 cup ditalini pasta
- anchovies fillets (optional)
- Kalamative olives
- capers
- flour for pot pie

PRODUCE

- romaine lettuce
- spinach for salads, pizza, and minestrone
- 5 pounds of Yukon potatoes
- 2-3 pounds of carrots
- 2-3 yellow onions
- 1 bunch of celery
- 2 lemons
- toppings for enchiladas
- spinach
- 1 pound fresh green beans
- 1 zucchini

DAIRY/REFRIGERATED GOODS

- cheddar if desired for chicken tacos
- 8 ounces mozzarella
- milk
- Parmesan
- 8 ounces ricotta cheese
- feta for salads
- butter