

A Mind Full MOM

SUNDAY

Chicken Soup
Crusty Bread or Homemade Rolls

MONDAY

Sausage Sheet Pan Dinner

TUESDAY

Enchilada Casserole
Pina Colada Smoothies

WEDNESDAY

Instant Pot Spaghetti
with Side Salad with Zesty Italian Dressing
Leftover Bread with Bread Dipping Oil

THURSDAY

Beef and Broccoli
Instant Pot Brown Rice
or Instant Pot White Rice

FRIDAY

Pita Pizzas
With Leftover Salad

SATURDAY

Shrimp Stir Fry
With Leftover Rice



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BREAKFAST IDEAS

Overnight Oats

Instant Pot Steel Cut Oats

Whole Wheat Pancakes

LUNCH IDEAS

BBQ Chicken Salad

English Muffin Pizzas

Leftover Soup

SNACK IDEAS

Peanut Butter Oatmeal Bars

Homemade Larabars

Whole Wheat Blueberry Muffins

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- After preparing the soup on Sunday, set aside the leftover chicken to use for the enchilada casserole on Tuesday night. Use any remaining chicken to make a quick chicken salad for lunch.
- Use Yukon gold potatoes, sweet potatoes, onions, and carrots leftover from soup to make a quick and easy sausage sheet pan dinner. No need to add broccoli, unless you have extra on hand (you will use it to make beef and broccoli and shrimp stir fry later in the week.)
- Make a big tossed salad and Italian dressing to serve with the spaghetti and serve leftovers with pita pizzas on Friday night.
- Use any extra pizza toppings (like sauce and cheese) to make English Muffin pizzas for quick school lunches.
- Make extra rice on Thursday to serve with both stir fry dinners.
- Use ground beef (or ground turkey or chicken) to make spaghetti and the beef and broccoli stir fry.

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MEATS/PROTEINS

- 1 whole chicken
- 2 pounds ground beef/turkey
- 4-6 links chicken sausage
- 1 lb large shrimp, peeled and deveined

GRAINS/BREADS

- tortillas for enchilada casserole
- bread/rolls or ingredients for homemade
- pita bread

DRY GOODS/STAPLES

- 8 oz beef broth
- 32 oz vegetable or chicken broth
- 2-4 cups brown or white rice
- 16 oz spaghetti noodles
- pizza sauce
- 24 oz spaghetti sauce
- cornstarch
- rice wine vinegar
- low-sodium soy sauce
- 2 (4oz) cans mild diced green chiles
- 20 oz store-bought or homemade enchilada sauce
- canned coconut milk if making smoothies
- Shaoxing wine or dry sherry (or additional rice wine vinegar + pinch of sugar)

PRODUCE

- 2 heads of garlic
- 1 jalapeno
- 2 lemons (1 for soup, 1 for dressing)
- 3-4 yellow onions
- 1 lbs carrots
- 2 lbs gold potatoes
- 1-2 lbs Sweet Potatoes
- 2 large heads of broccoli
- 2 red/yellow bell peppers for shrimp stir fry
- green onions for shrimp stir-fry
- bananas for smoothies (if using)
- ingredients for large tossed salad

DAIRY/REFRIGERATED GOODS

- 8 oz cream cheese
- 16 oz shredded Monterey Jack cheese
- Parmesan Cheese, optional
- mozzarella cheese for pita pizzas
- pineapple and orange juice for smoothies