

A Mind Full MOM

SUNDAY

Stuffed Meatloaf
with Parsley Potatoes
with veggies or salad

MONDAY

Cabbage Soup
with Rolls, Bread, and/or Salad

TUESDAY

Instant Pot Chicken Tacos
or Stovetop Chicken Tacos
Fresh Fruit

WEDNESDAY

Easy Lasagna
with Steamed Veggies or Salad

THURSDAY

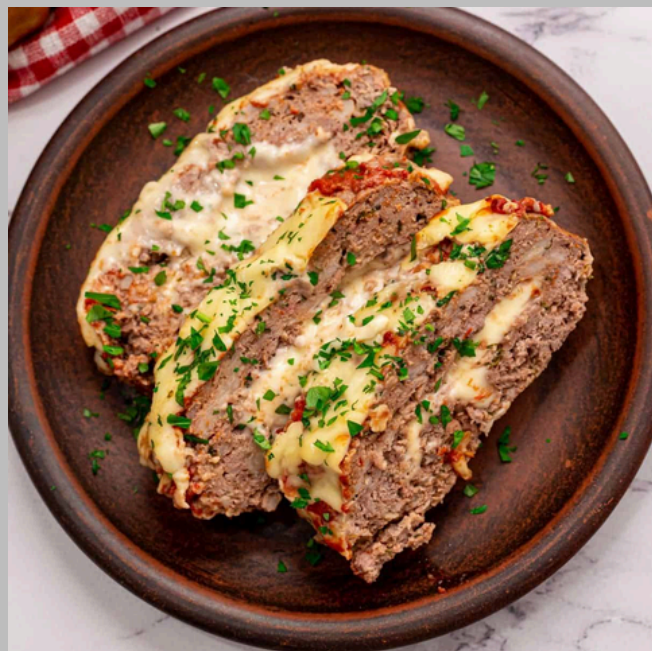
Leftover Shredded Chicken
with Instant Pot Brown Rice

FRIDAY

Pastina Soup
Rolls, Bread, and/or Salad

SATURDAY

Chicken Bok Choy Stir Fry
With Leftover Rice



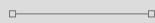
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BREAKFAST IDEAS

Spinach Frittata

French Toast

Baked Oatmeal Cups

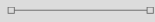


LUNCH IDEAS

Cheese Quesadillas

Easy Ramen Soup

Leftover Soups



SNACK IDEAS

Oatmeal Chocolate Chip Bars

Cherry Smoothie

Peanut Butter Banana Muffins

GROCERY LIST

Blank lines for writing a grocery list.



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- To add additional vegetables to the meals, feel free to make a big salad on Sunday and use extra toppings (like romaine, tomatoes, etc) for tacos. Serve the salad with meatloaf, soups, and lasagna. Or keep it on the cheaper side and serve cooked frozen veggies with the meatloaf and lasagna. Set aside half of the Italian sausage to add it to the lasagna. If time permits, you can even saute the sausage today and then quickly assemble and bake the lasagna later in the week.
- On Monday: Save half the head of cabbage to use for taco toppings. I would also recommend using red potatoes vs Yukon gold since you will be using them to make parsley potatoes on Sunday.
- On Tuesday: After preparing chicken tacos, set aside half to serve over rice later in the week. If you still have extra, add it to quesadillas for quick and hearty lunches. Use leftover cabbage to top tacos.
- On Wednesday, adding meat to the lasagna is optional, but for this week, I recommend adding the remaining 1/2 pound of sausage to add to the lasagna. Feel free to add additional 1/2 pound of ground beef if desired as well.
- On Thursday, make extra rice and save half to serve with the chicken stir fry on Saturday night.
- On Friday, if you don't have a parmesan rind on hand, you can purchase one from the cheese counter of most stores. You will be adding parmesan to the lasagna, so if you have a fresh wedge, just cut off the rind to use for the soup.
- On Saturday, use any leftover veggies (like carrots, cabbage, even celery) to make stir fry.
- Overall Tip: Purchase a baguette or crusty bread to serve with soups to stretch meals a bit further. Or prepare No-Knead Dutch Oven Bread if time permits.
- No Instant Pot? Make rice on the stove. For Cabbage Soup, saute vegetables in large soup pot, add in broth, seasonings, tomatoes, cabbage, and potatoes. Bring to a boil, reduce the heat, cover and simmer, until the potatoes are fork tender and the cabbage has wilted, about 40 minutes. Finish with the lemon juice.

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MEATS/PROTEINS

- 1 lb ground Italian sausage
- 1 lb lean ground beef
- 2-3 lbs chicken breasts/chicken thighs

GRAINS/BREADS

- tortillas/taco shells
- rolls or bread for soups

PRODUCE

- 1 bag yellow onions
- 1 bunch of celery
- 3 lbs red potatoes
- 1 lb carrots
- 1 head green cabbage
- 1 head bok choy
- toppings for tacos (as desired)
- frozen veggies (or salad ingredients)
- 2 lemons
- fruit for serving tacos

DRY GOODS/STAPLES

- 1 (24 oz jar) marinara or spaghetti sauce
- 1 package of lasagna noodles
- 1 (15oz can) diced tomatoes
- 3 (32 oz) cartons chicken stock
- 1 (16 oz) salsa
- 1 (8 oz can) tomato sauce
- 1 (8 oz jar) pizza sauce
- unseasoned bread crumbs
- white rice or brown rice

DAIRY/REFRIGERATED GOODS

- 16 oz cottage cheese
- 16 oz Mozzarella cheese
- cheddar for topping tacos
- Parmesan cheese + parmesan rind
- eggs for lasagna + meatloaf
- butter