

# A Mind Full MOM

## SUNDAY

Crockpot Chicken Chili  
or Instant Pot Chicken Chili  
with Homemade Cornbread

## MONDAY

Balsamic Pork Tenderloin  
with Orzo Rice

## TUESDAY

Fish Tacos  
with Cilantro Lime Rice

## WEDNESDAY

Rice Bowls  
with Leftover Roasted Vegetables  
or Chili

## THURSDAY

Pork Skillet Dinner

## FRIDAY

Pasta with Peas and  
Salad with Balsamic Dressing

## SATURDAY

Chicken Orzo Soup  
or Instant Pot Chicken Orzo Soup  
and Salad with Balsamic Dressing



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## BREAKFAST IDEAS

[Instant Pot Frittata](#)

[Baked Banana Oatmeal](#)

[Homemade Granola](#)

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## LUNCH IDEAS

[Asian Noodle Salad](#)

[Baked Tostadas](#)

[One Pot Mac and Cheese](#)

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## SNACK IDEAS

[Whole Wheat Blueberry Muffins](#)

[Snickerdoodle Cookies](#)

[Cottage Cheese Smoothie](#)

## GROCERY LIST

Blank lines for writing a grocery list.



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## MEAL PLAN NOTES

- On Sunday, prepare Balsamic dressing to use for salads (prep greens if you want now too) AND place one pork tenderloin into the balsamic marinade to enjoy Monday night for dinner. Save leftover chili for dinner on Wednesday night.
- On Tuesday, make extra rice for rice bowls on Wednesday. Use a bit of cabbage for the slaw and save the rest for the pork tenderloin skillet.
- No Instant Pot for cilantro lime rice, make rice as package directs. Fold in zest and juice of 1 lime, a pinch of salt, and ¼ cup minced cilantro.
- Pork Tenderloin typically comes in a pack of two. Use one tenderloin for the balsamic pork and one for the skillet recipe.
- For the pasta and peas, feel free to replace the pancetta with bacon or omit it altogether. I typically omit it for cost and simplicity.

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## MEATS/PROTEINS

- 2-3 lbs boneless skinless chicken breasts or thighs
- 24 oz firm white fish fillets
- 2 pork tenderloins
- 4 oz pancetta (optional)

## GRAINS/BREADS

- tortillas for fish tacos

## PRODUCE

- salad greens + toppings (cucumber, peppers, tomatoes, etc.)
- 2 shallots
- 1 head garlic
- 16 oz frozen peas
- 8 oz frozen corn
- 3-4 yellow or white onions
- 1 bunch celery
- 1 lb carrots
- 1 green bell pepper (for chicken chili, optional)
- 1 bunch cilantro
- 1 head green or purple cabbage
- 1 red onion (feel free to swap for yellow or omit)
- 4-5 limes
- 2 lemons

## DAIRY/REFRIGERATED GOODS

- cheese for topping chicken chili (optional)
- mayonnaise for fish taco sauce
- butter
- apple juice/cider for pork skillet

## DRY GOODS/STAPLES

- 4 cartons chicken stock (or vegetable broth)
- balsamic vinegar
- chipotle peppers in adobo
- 16 oz orecchiette pasta
- 16 oz dry orzo
- 15 oz can fire-roasted diced tomatoes
- 10 oz can diced tomatoes with green chiles
- 2 (15 oz ) cans pinto beans
- 1 Pale light lager for chili (optional)
- dry white wine for pasta, pilaf, and soup (optional) ~1 bottle