

A Mind Full MOM

SUNDAY

Marry Me Chicken

or Instant Pot Marry Me Chicken

Orzo Rice

Tossed Spinach Salad with Balsamic

MONDAY

Instant Pot Lasagna Soup

or Stovetop Lasagna Soup

Tossed Salad with Balsamic

TUESDAY

Turkey Taco Skillet

WEDNESDAY

Chicken and Green Bean Skillet

Orzo Rice

THURSDAY

Baked Ravioli Lasagna

Tossed Salad with Balsamic

FRIDAY

Cajun Chicken Pasta

SATURDAY

Instant Pot Chicken Gnocchi Soup

slow cooker instructions provided in recipe notes

Tossed Salad with Balsamic



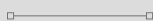
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BREAKFAST IDEAS

Spinach Frittata

French Toast

Baked Oatmeal Cups



LUNCH IDEAS

Cheese Quesadillas

Leftover Soups



SNACK IDEAS

Homemade Larabars

Cherry Smoothie

Peanut Butter Banana Muffins

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- On Sunday: Prepare a large salad and large batch of balsamic dressing to enjoy throughout the week. I would also recommend doubling the orzo rice to serve later in the week with chicken and green bean skillet.
- Ingredient/Money-Saving Notes: Use spinach for base of salad, Lasagna soup, and gnocchi soup. Finish the Chicken Gnocchi Soup with heavy cream vs half and half since you will have that on hand from the Marry Me Chicken. Use only 1/2 pound of sausage for the Lasagna soup AND 1/2 pound for ravioli.
- Slow Cooker Chicken Gnocchi Soup Instructions: Combine chicken, broth, carrots, and seasonings together in the base of a crockpot and cook on LOW for 6 to 8 hours (or on HIGH for 3-4 hours). Remove the chicken to a cutting board, shred. Turn the slow cooker to high. Add the chicken and gnocchi to the slow cooker, along with the cream, mixed with cornstarch. Cook on high for 20-30 minutes or until the soup has thickened and the gnocchi is tender. Stir spinach in for the last 5-10 mins of cooking if using.

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MEATS/PROTEINS

- 1 lb ground turkey
- 1 lb ground Italian sausage
- 3-4 lbs chicken breasts

PRODUCE

- 2 small zucchini
- 3 yellow onions
- 2 red peppers
- 1 jalapeno
- 1 lb carrots
- fresh thyme
- 2 lbs fresh green beans
- 1 pint cherry/grape tomatoes
- 1 lime
- 1 lemon
- huge container of spinach for Lasagna Soup, Marry Me chicken, Gnocchi Soup, and salad (or romaine for salad if desired)
- fixings for salad (cucumbers, tomatoes, etc. to add to spinach)

DRY GOODS/STAPLES

- 2 jars Marinara/Spaghetti Sauce
- 3 (32 oz) cartons chicken stock
- minced garlic
- 16 oz rotini noodles
- red wine (optional)
- taco seasoning--homemade blend
- lasagna noodles
- 7 oz oil packed Sun-Dried tomatoes
- orzo
- white rice
- 16-oz package potato gnocchi
- 15 oz fire-roasted diced tomatoes

DAIRY/REFRIGERATED GOODS

- 24 oz cheese ravioli (frozen or fresh)
- 16 oz Mozzarella cheese
- 8 oz cheddar cheese for taco skillet
- Parmesan cheese
- 1 pint heavy cream
- 4 oz cream cheese