

# A Mind Full MOM

## SUNDAY

Chicken Gnocchi Soup

Olive Garden Salad

## MONDAY

Pasta with Peas

Olive Garden Salad

## TUESDAY

Taco Rice Casserole

*with Fresh Fruit*

## WEDNESDAY

Chicken Bites

Roasted Red Potatoes

## THURSDAY

Southwest Chicken Salad

## FRIDAY

Salmon Sheet Pan Meal

## SATURDAY

Sheet Pan Gnocchi

*with Fresh Fruit or Salad*





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## MEAL PLAN NOTES

- **On Sunday:** On Sunday, prepare a large Olive Garden Salad to enjoy with dinner Sunday and Monday. I recommend using hearts of romaine, as you will use it later in the week for the SW Chicken Salad.
- **Chicken Gnocchi Soup:** Please note that there are instructions on the post for making in the slow cooker or Instant Pot.
- **Tuesday:** Use leftovers as burrito filling. Quick and oh so delicious.
- **Wednesday:** Prepare a extra chicken bites to add to a salad on Thursday.
- **Thursday:** Make any salad you like and add chicken bites to it for protein. I suggest the SW Salad this week, as you may have toppings that work well leftover from the taco rice casserole.
- **Friday/Saturday:** The salmon sheet pan dinner calls for green beans, while the Gnocchi sheet pan dinner calls for broccolini and tomatoes, feel free to use one or the other for both. Broccoli florets also work well here.
- **Ingredient/Money-Saving Notes:** If you have leftover bacon or pancetta from Pasta and Peas, add it to turkey wraps for lunch or egg cups for breakfast. You can also opt to omit the bacon/pancetta--it will still be delicious. Use red potatoes for roasting AND the sheet pan meal on Friday.

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## MEATS/PROTEINS

- 2-3 lbs chicken breasts
- 1 lb ground beef (or ground turkey)
- 4 salmon fillets
- 4 oz pancetta or bacon (optional)

## DRY GOODS/STAPLES

- 16 oz orecchiette pasta
- 2 (16oz) dried gnocchi
- 48 ozs chicken stock
- 16 oz beef broth (or additional chicken stock)
- 8 oz salsa
- 2 (15oz) cans black or pinto beans
- 2 cups white or brown rice
- croutons
- whole pepperoncini peppers
- black olives
- white vinegar
- mayonnaise

## PRODUCE

- 1 lb carrots
- 24 oz frozen peas
- 2 shallots
- 3 yellow onions
- 2-3 pints grape/cherry tomatoes
- 6 hearts of romaine or 2-3 iceberg lettuce
- 4 limes
- 1 jalapeno
- 1 bunch cilantro
- 3 lbs red potatoes
- 1 lb fresh green beans
- 1-2 heads broccolini
- fresh fruit of choice

## DAIRY/REFRIGERATED

- 16 oz cheddar cheese for taco bake, leftovers for SW salad
- parmesan cheese
- butter