

# A Mind Full MOM

## SUNDAY

Instant Pot Corn Beef and Cabbage

## MONDAY

Broccoli Cheese Soup

or Instant Pot Broccoli Cheese Soup

## TUESDAY: ST. PATRICK'S DAY

Reubens with Leftover Corn Beef

Colcannon

## WEDNESDAY

Veggie Fajitas

with Guacamole

Instant Pot Brown Rice

or Instant Pot Jasmine Rice

## THURSDAY

Chicken and Broccoli

with Leftover Rice

## FRIDAY

Fish Sticks

Roasted Red Potatoes

## SATURDAY

Chicken Tenders

Roasted Potatoes and Carrots



# A Mind Full MOM

## BREAKFAST IDEAS

Eggless Pancakes

Whole Wheat Waffles

Overnight Oats

---

## LUNCH IDEAS

Leftover Soup

Pita Pizzas

Reubens

## SNACK IDEAS

Reuben Dip

Irish Nachos

Thin Mint Cookies

## GROCERY LIST

Blank lines for writing a grocery list.



# A Mind Full MOM

## MEAL PLAN NOTES

- **On Sunday:** Prepare Corned Beef and Cabbage and use leftovers for Reuben sandwiches on Tuesday (St. Patrick's Day). I find that doable on a Tuesday night, while you may not have 2 hours to wait on St. Patrick's Day.
- **On Tuesday:** Make Reubens by topping sliced corned beef, drained sauerkraut, Swiss cheese, and thousand island dressing on rye bread. Grill as you would grilled cheese sandwiches.
- **On Wednesday:** Prepare extra rice with fajitas to serve with chicken stir fry Thursday night.
- **Ingredient Notes/Money-Saving Tips:** This week calls for red potatoes and yukon gold potatoes. Feel free to use all Yukon gold potatoes. Use fresh broccoli for broccoli soup and chicken and broccoli stir-fry.

# A Mind Full MOM

## MEATS/PROTEINS

- 3 pounds boneless skinless chicken breasts
- 1 corned beef brisket (3-4 pounds)
- 4 filets of white fish (any variety)

## GRAINS/BREADS

- Rye bread
- tortillas for fajitas or ingredients for homemade

## DRY GOODS/STAPLES

- 32 ounces vegetable broth
- fajita seasoning
- soy sauce
- Mirin
- long-grain brown or white rice
- Dijon mustard
- Sriracha
- Panko breadcrumbs
- Guinness Beer
- 16 oz beef broth

## PRODUCE

- 1 head of cabbage
- 2 pounds carrots
- 3 pounds red potatoes
- 3 pounds Yukon gold potatoes
- 3 yellow onions
- 3 limes
- 4 avocados for guacamole
- 3-4 Roma tomatoes
- 4 bell peppers--any color
- 2 heads fresh broccoli

## DAIRY/REFRIGERATED GOODS

- 8 ounces of cheddar cheese for Broccoli Soup
- 1 can evaporated milk or half and half for soup
- butter
- 8 slices Swiss Cheese