

A Mind Full MOM

SUNDAY

Tex Mex Lasagna

MONDAY

Southwest Baked Quinoa

TUESDAY

Tamale Pie
with Fruit

WEDNESDAY

Southwest Chicken Skillet

THURSDAY

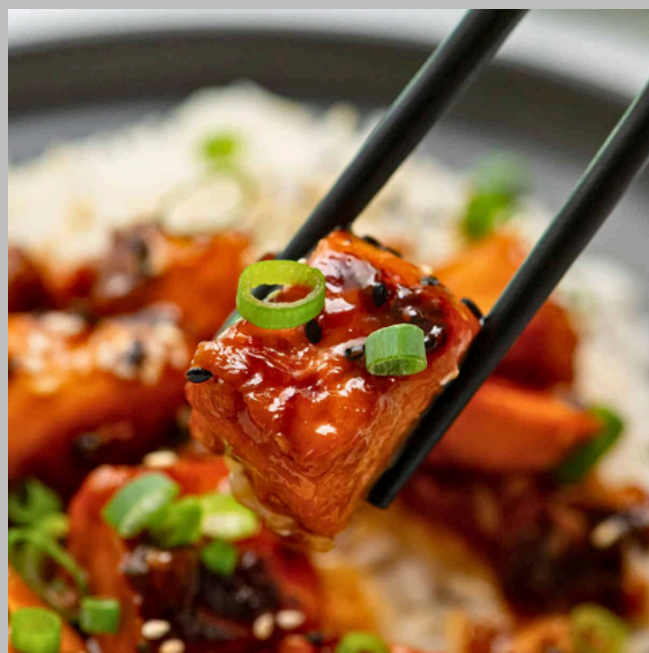
Leftover Tamale Pie
with Fruit

FRIDAY

Salmon Bites
with Rice

SATURDAY

Instant Pot Sweet and Sour Chicken



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BREAKFAST IDEAS

Easy Cheese Danish

Breakfast Sweet Potatoes

Breakfast Cookies

LUNCH IDEAS

Leftovers Lasagna

Sweet Potato Burritos

Cheese Quesadillas

SNACK IDEAS

Baked Lemon Pudding

Oatmeal Bites

Cottage Cheese Smoothie

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- **Money-Saving Tip/Ingredient Notes:** Use similar toppings for Mexican lasagna, baked quinoa, and chicken skillet. Avocado, limes, lettuce, cheese, tomatoes, etc. For sweet and sour chicken, you can opt to purchase a can of cubed pineapple in 100% juice and use that in place of fresh pineapple and use the juice for the sauce.
- **Meal-Prep Note:** Bake any leftover sweet potatoes to make a delicious (and unique) breakfast.
- **Monday Night:** Serve the baked quinoa with toppings and serve leftovers as filling for burritos during the week, using leftover tortillas from Mexican lasagna.
- **No Instant Pot?** To prepare the Sweet and Sour Chicken, prepare the sweet and sour sauce, mixing the cornstarch right into the sauce. Sear the chicken in a large skillet. Once the chicken is golden and browned, add in the peppers, onions, pineapple and sauce. Bring to a bubble, reduce the heat, and simmer until chicken is cooked through and sauce has thickened. No need to add additional chicken stock.

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MEATS/PROTEINS

- 2.5 lbs lean ground beef
- 2 lbs chicken breast or thighs
- 1 lb salmon filet

DRY GOODS/STAPLES

- 3 cans black beans
- white rice or brown rice
- quinoa
- 1 (15 oz cans) diced tomatoes
- 2 (15 oz can) diced tomatoes with green chiles
- 1 (15 oz) can black beans
- 1 (4 oz) can diced green chilies
- 8 oz chicken stock
- 2 cartons vegetable broth
- flour + cornmeal for tamale pie
- toasted sesame oil for salmon
- soy sauce
- honey
- apricot preserves/jam

BREAD/BAKERY

- flour tortillas

PRODUCE

- 5 lbs sweet potatoes
- 4 yellow onions
- 4 limes
- frozen corn
- fresh fruit
- 1 head cilantro
- toppings for quinoa, Mexican lasagna, chicken skillet
- 2 medium sweet bell peppers
- fresh pineapple
- fresh gingerroot

DAIRY/REFRIGERATED GOODS

- 16 oz cheddar cheese
- 16 oz cottage cheese
- 8 oz Pepper Jack cheese
- milk
- butter
- eggs

MISC.

- canned pineapple juice