

# A Mind Full MOM

## **SUNDAY: EASTER**

Instant Pot Ham  
or Baked Glazed Ham  
Scalloped Potatoes  
Roasted Asparagus  
Strawberry Spinach Salad

## **MONDAY**

Ham & Cheese Stromboli  
Leftover Veggies from Week with Dill Dip

## **TUESDAY**

Cheesy Ham and Scalloped Potatoes  
Strawberry Spinach Salad

## **WEDNESDAY**

Ham & Bean Soup  
Homemade Rolls

## **THURSDAY**

Greek Chicken (Grilled or Baked)  
Couscous Salad

## **FRIDAY**

Cheese Pizza  
Leftover Veggies from Week with Dill Dip

## **SATURDAY**

Chicken Gyros  
Leftover Couscous Salad



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## BREAKFAST IDEAS

Ham and Cheese Breakfast Casserole

Instant Pot Egg Bites

Banana Bread Oatmeal

## LUNCH IDEAS

Ham & Cheese Hot Pockets

Leftover Ham and Bean Soup

Egg Salad

## SNACK IDEAS

No Bake Oatmeal Balls

Mango Smoothie

Homemade Cheese Crackers

## GROCERY LIST

Blank lines for writing a grocery list.



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## MEAL PLAN NOTES

- Note on Ham: If you aren't hosting Easter, I suggest grabbing a ham to use throughout the week. Bonus- they will be on sale.
- On Monday, prepare some dill dip (or Tzatziki) to serve with extra raw veggies (like carrots and celery). Perfect for pizza night as well. If making Tzatziki, make enough for gyros as well.
- On Thursday, grill/bake extra chicken to make Greek Gyros and prepare extra couscous salad to serve as a side on both Friday night and Saturday.
- Leftovers get new life in breakfast and lunches as well. Use leftover ham, hard boiled eggs, etc to keep lunches and breakfast easy too.

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## MEATS/PROTEINS

- 1 large ham or 2 small hams
- 2-3 pounds boneless, skinless chicken breasts

## GRAINS/BREADS

- pita bread for Gyros
- rolls or ingredients for homemade rolls
- pizza dough for ham and cheese hot pockets

## DRY GOODS/STAPLES

- 2 cartons/veg or chicken stock
- 12 ounces couscous
- 16 ounces rotini or elbow noodles
- poppy seeds
- honey
- Dijon mustard
- pineapple juice
- 1 small jar Kalamata olives
- 1 small jar Roasted Red peppers
- Pizza Sauce

## PRODUCE

- 3-5 pounds Yukon Gold potatoes
- 1 pound asparagus
- 1-2 pounds carrots
- 1 pint grape tomatoes
- 1 extra-large container of spinach
- 2 shallots
- 1-2 packages fresh strawberries
- 3-4 lemons
- 2 English cucumbers
- parsley
- 1-3 onions
- 1 bunch celery
- Ingredients for tossed salad

## DAIRY/REFRIGERATED GOODS

- 16 ounces shredded cheddar cheese
- 8 ounces sliced cheddar or Swiss
- 8-16 ounces mozzarella for pizza
- milk
- butter
- Greek yogurt
- eggs
- feta cheese--optional