

A Mind Full MOM

SUNDAY

Easy Homemade Lasagna
or Instant Pot Lasagna

Copycat Olive Garden Salad

MONDAY

Creamy Cavatappi Pasta

Copycat Olive Garden Salad

TUESDAY

Instant Pot Chicken Tacos
or Crockpot Salsa Chicken

WEDNESDAY

Chicken Asparagus Stir Fry

Instant Pot Brown Rice

Instant Pot White Rice

THURSDAY

Burrito Bowls
using leftover chicken and leftover rice

FRIDAY

Lemon Baked Cod
Roasted Red Potatoes

SATURDAY

Chicken Marsala
Roasted Asparagus
Red Mashed Potatoes



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MEAL PLAN NOTES

- **On Sunday:** Prepare a large salad Sunday to serve both Sunday and Monday. Any leftover greens work well for toppings for chicken tacos/burrito bowls.
- **On Tuesday:** Enjoy the taco meat as tacos, but make enough to enjoy for burrito bowls later in the week.
- **On Wednesday:** Prepare extra rice to make burrito bowls Thursday.
- **Grocery Tips/Money-Saving Tips:** Feel free to swap out the asparagus for any other veggie you like in the Chicken Asparagus Stir-Fry. And purchase enough red potatoes to make both roasted and mashed potatoes. Use any leftover spaghetti sauce and cheese from lasagna to make air fryer pizzas.

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MEATS/PROTEINS

- 4 pounds boneless skinless chicken breasts
- 4 Cod fillets
- 1 lb lean ground beef or sausage (optional) for lasagna

DRY GOODS/STAPLES

- 16 oz cavatappi pasta
- Long-grain Jasmine/brown rice
- 28 ounces spaghetti sauce
- box lasagna noodles
- mayonnaise for salad dressing
- white vinegar for salad dressing
- jarred salsa
- black beans (for crockpot salsa chicken)
- 16 oz can chicken stock
- 16 oz beef stock/mushroom broth
- honey
- whole pepperoncini peppers
- soy sauce
- Dijon mustard
- black olives for salad
- croutons for salad
- dry marsala wine

GRAINS/BREADS

- taco shells/tortillas

PRODUCE

- 2 limes
- 1 lemon
- toppings for tacos/burrito bowls
- 2 pounds asparagus
- 5 pounds red tomatoes
- iceberg lettuce mix for salad
- 2-4 Roma tomatoes for salad
- 8 ounces Bella mushrooms
- 1 shallot
- frozen corn for salsa chicken
- fresh thyme leaves (or dried thyme leaves)

DAIRY/REFRIGERATED GOODS

- butter
- 16 ounces heavy cream
- 16 ounces cottage cheese or ricotta cheese
- 8-16 ounces mozzarella cheese
- Parmesan cheese
- cheese/sour cream for tacos if desired