

A Mind Full MOM

SUNDAY

Crockpot Chicken Tortilla Soup
or Instant Pot Chicken Tortilla Soup

MONDAY

Egg Roll in a Bowl
with Steamed or Instant Pot Rice

TUESDAY

Shredded Chicken Tacos
or Instant Pot Chicken Tacos
with Cilantro Lime Rice

WEDNESDAY

Sloppy Joes
with Oven Baked Fries
or Air Fryer Fries

THURSDAY

Pasta with Peas

FRIDAY

Bagel Pizzas
with Veggies and Fruit

SATURDAY

Potato Frittata
with Fresh Fruit



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BREAKFAST IDEAS

Overnight Oats

Ham and Egg Cups

Homemade Granola

LUNCH IDEAS

Cheese Quesadillas

Leftover Soup

Leftover Tacos/Rice Bowls

SNACK IDEAS

Strawberry Bread

Stovetop Popcorn

Peanut Butter Banana Bars

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- **On Sunday:** Use a few tortillas to make homemade tortillas strips and the save the rest of the package(s) to use for the chicken tacos and quesadillas for lunch.
- **On Monday:** Prep extra rice and set some aside for Tuesday's dinner.
- **On Tuesday:** Fold lime juice and cilantro into the leftover rice after reheating to add a bit of flavor to the rice. I also like to double up the chicken taco mixture and enjoy for lunches or freeze half to enjoy when I need a quick meal later in the month.
- **Ingredient Notes/Money Saving Tips:** Use russet potatoes for fries and frittata. Feel free to use all ground turkey or all ground beef, rather than a pound of each for egg roll in a bowl and sloppy joes. Swap the leek if desired for a yellow onion, shallot, or green onions, as you will use those in other recipes. Skip the pancetta in the pasta and peas and use bacon instead. Use leftover bacon for the potato frittata, or skip the bacon and pancetta altogether. The pasta and frittata will be delicious with or without. Select any fruits and veggies on sale and serve alongside dinner to keep things simple (and affordable). Instead of purchasing coleslaw mix, you can shred a head of cabbage yourself and use to top tacos too.



MEATS/PROTIENS

- 2 lbs ground turkey/ground beef or 1 lb of each
- 3 lbs boneless, skinless chicken breasts or thighs
- 1 package pancetta or bacon (optional)

PRODUCE

- 1 yellow onion
- 1 red bell pepper
- 1 jalapeno
- frozen or canned corn
- 16 oz frozen peas
- 1 bunch cilantro (optional)
- 3-4 limes
- 1 lemon
- 1 (14oz) bag coleslaw mix
- 1 bunch green onions
- 2 shallots
- 1 yellow onion
- 1 leek (or green onion, shallot, or yellow onion)
- fresh ginger
- 3-5 pounds russet potatoes
- garlic
- fresh fruits and veggies to enjoy with pizza and frittata
- any taco toppings you like: cabbage, shredded lettuce, tomatoes, avocado, etc.

DRY GOODS/STAPLES

- 1 (15-ounce) can black beans
- 1 (15-ounce) can fire roasted diced tomatoes
- 16 oz prepared salsa (for soup & tacos)
- 32 oz chicken stock
- 8 oz tomato sauce
- 2 TBS tomato paste
- white wine (optional)
- toasted sesame oil
- soy sauce
- rice vinegar & apple cider vinegar
- taco seasoning--homemade blend
- 16 oz orecchiette pasta
- pizza sauce

GRAINS/BREADS

- bagels or English muffins for pizzas
- tortillas for soup and taco night

DAIRY/REFRIGERATED GOODS

- 16 oz Mozzarella cheese
- 16 oz cheddar cheese for tacos and soup
- parmesan for pasta
- butter for pasta and peas
- cream/milk for frittata