

A Mind Full MOM

SUNDAY

Chicken Al Pastor
with Instant Pot Cilantro Lime Rice
or Pineapple Rice

MONDAY

One Pot Mac and Cheese
or Instant Pot Mac and Cheese
+ Roasted Asparagus

TUESDAY

Southwestern Chicken Salad

WEDNESDAY

Sofritas
with leftover rice

THURSDAY

No Boil Rigatoni
or Instant Pot Rigatoni
Tossed Salad with Balsamic Dressing
Homemade Garlic Toast

FRIDAY

Pizza with Homemade Dough
Tossed Salad with Balsamic Dressing

SATURDAY

Leftover Rigatoni
with Leftover Salad



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MEAL PLAN NOTES

- **On Sunday:** Prepare extra chicken and rice to use later in the week. You can serve the chicken al pastor and rice as a bowl OR make tacos using the chicken and serve the rice on the side.
- **On Monday:** Feel free to swap out the asparagus for a side salad.
- **On Tuesday:** Use leftover Chicken al Pastor for the southwest salad. Prep extra greens to use for side salads later in the week.
- **On Wednesday:** Use leftover rice to serve with sofritas. If you don't like sofritas, swap it out for classic taco meat or make extra extra chicken al pastor.
- **On Thursday:** Serving the pasta with garlic toast and a salad should stretch dinner to feed you 2 nights. Save the leftovers for Saturday night. Prep enough Balsamic dressing and assemble side salad to use throughout the week.
- **Grocery Tips/Money-Saving Tips:** Use canned chipotles in adobo for the chicken al pastor and the sofritas; purchase a large package of romaine hearts to use for side salad and SW salad; if you have leftover rice, add it to burritos for a quick and hearty lunch. If you have leftover sausage, add it to pizza. Use leftover pizza sauce and cheese to make pita pizzas (or English Muffin pizzas).
- **Note on Rigatoni:** The shopping list uses the baked rigatoni version, for the Instant Pot version, swap the smoked sausage for 1 pound ground Italian sausage and the spaghetti sauce for 2 (15oz) cans of diced tomatoes with Italian seasoning. You will also need additional chicken stock.

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MEATS/PROTEINS

- 2lbs boneless skinless chicken breasts or thighs
- 12oz smoked Italian chicken sausage
- 1 block of tofu

DRY GOODS/STAPLES

- 16 oz elbow noodles
- 16 oz rigatoni
- 28 ounces spaghetti sauce
- chipotle in adobo sauce
- pineapple juice OR canned pineapple in 100% juice
- 2 cartons vegetable broth or chicken stock
- 1 jar salsa
- 1 can tomato paste
- pizza sauce

GRAINS/BREADS

- taco shells/tortillas
- white rice/brown rice
- pizza dough

PRODUCE

- 3 limes
- 1 poblano
- 1 avocado for SW salad dressing
- 1 pound asparagus
- 5 hearts of romaine
- 2 yellow onions
- 1 fresh pineapple
- 2 bunches cilantro
- toppings for side salad/SW salad/tacos: tomatoes, corn, avocado, peppers, cucumbers etc.
- 1 lemon
- 1 pineapple

DAIRY/REFRIGERATED GOODS

- 2oz Swiss cheese
- 6oz sharp cheddar + more for tacos
- 16oz mozzarella cheese for pizza and baked rigatoni
- 4 oz heavy cream (optional)
- 2 cups milk
- Parmesan cheese
- 1 cup sour cream for mac and cheese