

# A Mind Full MOM

## SUNDAY

Instant Pot Beef Barbacoa  
with Cilantro Lime Rice

## MONDAY

Crockpot Salsa Chicken  
Leftover Rice

## TUESDAY

Taco Bar with Leftovers  
Homemade Guacamole with Chips

## WEDNESDAY

Enchilada Casserole  
with fresh fruit

## THURSDAY

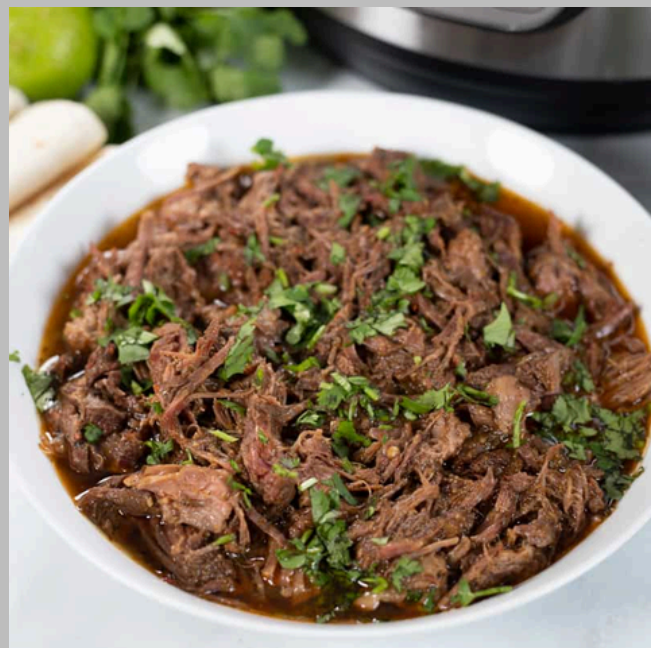
Baked Tostadas  
with Pina Colada Smoothie

## FRIDAY

Sheet Pan Chicken Fajitas  
with Fresh Fruit (or Smoothies)

## SATURDAY

Taco Soup



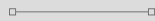
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## BREAKFAST IDEAS

*Mexican Eggs Benedict*

*Sheet Pan Pancakes*

*Instant Pot Egg Bites*

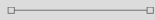


## LUNCH IDEAS

*Refried Bean Burritos*

*Mexican Quinoa Salad*

*Leftovers*



## SNACK IDEAS

*Homemade Brownies*

*Cinnamon Streusel Muffins*

*Homemade Fruit Roll-Ups*

## GROCERY LIST

Blank lines for writing a grocery list.



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This week is all about Tex Mex meals! You will use a lot of tortillas and taco-like toppings throughout the week (think shredded lettuce, shredded cheese, sour cream, avocado, etc.)

- On Sunday: Prepare Barbacoa using the slow cooker or Instant Pot. Save some for Tuesday night tacos. For the rice, prepare DOUBLE what you will use and save some for Monday's rice bowls.
  - Slow Cooker Barbacoa Instructions: Pour beer into slow cooker, add beef, top with barbacoa sauce and cook for 8-10 hours on low.
  - For Rice: Prepare white rice on stove according to package directions then stir in cilantro, lime zest, and lime juice. If using the Instant Pot, cook the rice in the Instant Pot after removing the beef from the inner pot. The rice will cook in the time it takes to rest and shred the beef (and the meat can hold warm for about 30 minutes after cooking--just cover the bowl tightly to trap the heat).
- On Monday: Save half the salsa chicken to use for Wednesday night's casserole.
- On Tuesday: Serve the leftover barbacoa as the base of a taco bar with toppings of choice and chips and salsa and guacamole. Perfect for a weeknight celebration of Cinco de Mayo!
- On Wednesday: Swap out the cooked chicken, diced green chiles, cumin, and garlic powder for leftover salsa chicken. Simple and delicious!
- On Thursday: Think of tostadas as easy taco pizzas. Use tortillas, a can of refried beans (to keep it simple), cheese, and your favorite toppings. Add any leftover chicken or barbacoa if you have that as well.
- On Saturday: This of this as a use what you have leftover night. Skip the ground beef (or not), and simply simmer salsa, beans, corn, and seasonings together with stock. Serve with leftover toppings and call it a day.

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## MEATS/PROTEINS

- 3 pounds boneless, skinless chicken breasts
- 1 (3-4 pound) chuck roast
- 1 lb beef (optional!!) for taco soup

## GRAINS/BREADS

- flour or corn tortillas (LOTS!) for taco bar, enchilada casserole, tostados, fajitas

## PRODUCE

- 4-8 avocados for guac + toppings
- 6-8 Roma tomatoes for guac + toppings
- 2 lbs limes
- 2-3 bunches of cilantro
- 1 (3lb) bag of onions
- 1 poblano pepper
- 2-3 jalapenos
- 4 sweet bell peppers
- 32 oz frozen corn
- bananas for smoothies
- fruit fresh to serve at meals
- taco toppings: lettuce, tomatoes, avocados, etc.

## DRY GOODS/STAPLES

- 2 (4.5 oz) cans of green chiles
- 1 can of chipotle peppers
- 16 oz chicken stock
- 32 oz beef stock
- 3 (15 oz) cans black beans
- 1 (15 oz) can pinto beans
- 1 (15 oz) can refried beans
- 24 ounces salsa + more for serving
- 1 (8oz) cans tomato sauce
- 1 can coconut milk for smoothies
- 28 oz enchilada sauce
- taco seasoning
- fajita seasoning
- white or brown rice
- tortilla chips
- 1 can beer (optional) for Barbacoa
- 2 (15 oz) cans diced tomatoes

## DAIRY/REFRIGERATED GOODS

- 8 oz cream cheese--for enchiladas
- 8 oz cheddar for tostadas + more as needed
- 8 oz Monterey Jack cheese for enchiladas + more as needed
- Toppings: shredded cheese and sour cream
- pineapple and orange juice for smoothies