

A Mind Full MOM

SUNDAY

Marinated Grilled Chicken Thighs

Bacon Ranch Potato Salad

MONDAY: MEMORIAL DAY

Grilled Burgers

Baked Beans

Summer Pasta Salad

Mini Cheesecakes

TUESDAY

Leftover Grilled Chicken Thighs

with Summer Pasta Salad

WEDNESDAY

Sloppy Joes

Leftover Potato Salad

THURSDAY

Chicken and Green Bean

Skillet

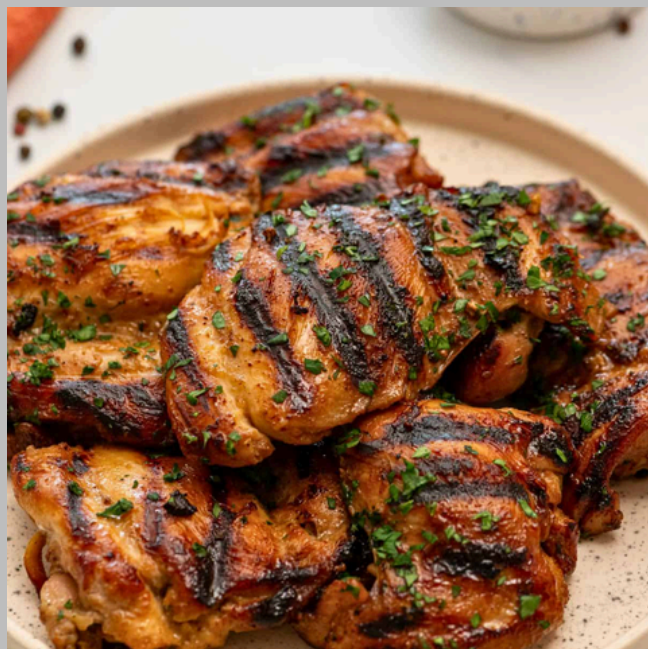
FRIDAY

White Bean Pasta

SATURDAY

Sheet Pan Salmon

with Green Beans and Potatoes



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BREAKFAST IDEAS

Instant Pot Egg Bites

Banana Bread Baked Oatmeal

Breakfast Sliders

LUNCH IDEAS

Avocado Chickpea Salad

Leftovers from Memorial Day and Dinners

SNACK IDEAS

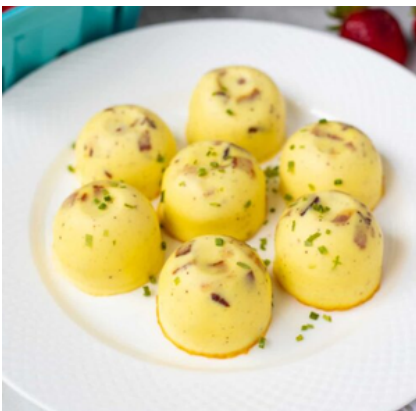
Larabars

Cinnamon Streusel Muffins

Texas Sheet Cake

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- **On Sunday**, prepare extra grilled chicken thighs and extra potato salad. Use the leftovers to keep Tuesday and Wednesday night easy! I would also recommend soaking the navy beans (if starting with dried beans) for homemade baked beans. You can get a jump start on pasta salad and cheesecake as well, but both can be prepared Monday morning.
- **On Tuesday**: Dice up leftover grilled chicken and add it to the pasta salad for an all-in-one, satisfying meal.
- **On Saturday**: If you have leftover lettuce, spinach, tomatoes, etc. from burger toppings/pasta salad use to make a tossed salad to use up what you have.
- **Money-Saving/Ingredients Notes:**
 - Chicken: Use all chicken thighs or all breasts for grilled chicken and the chicken skillet.
 - Beef/Buns: Make 4 burgers for Memorial Day and cut the Sloppy Joe recipe in half and use 1 package of buns for serving.
 - Bacon: Added to potato salad and baked beans – or skip to save a few dollars.
 - Potatoes: Use red potatoes for potato salad and sheet pan meal.
 - Green Beans: Use for both the chicken skillet and sheet pan meal.
 - Grape Tomatoes: Use for pasta salad, chicken skillet and pasta dinner.
 - Lemons: For marinade, skillet, sheet pan dinner, pasta, and pasta salad dressing.
 - Onion: Use to top burger and to make pasta salad.

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MEATS/PROTEINS

- 3-4 lbs boneless, skinless chicken thighs
- 2-3 lbs ground beef
- 12 oz bacon
- 4 salmon fillets

GRAINS/BREADS

- buns for burgers, sloppy joes

DRY GOODS/STAPLES

- Homemade dry onion soup mix
- 1 (16-oz) can tomato sauce
- 2 ounces tomato paste
- apple cider vinegar + distilled vinegar
- 16 oz spaghetti
- 12 oz rotini
- 1 (15-oz) can cannellini beans
- 8 oz chicken/veggie stock + more if not using wine
- 8 oz dry white wine
- molasses
- brown sugar
- maple syrup
- dry navy beans
- 1 small can black olives for pasta salad
- Italian dressing
- salad supreme seasoning

PRODUCE

- 6 pounds of red potatoes
- toppings for burgers (lettuce, tomatoes, onions etc)
- 3 pints of grape/cherry tomatoes
- 2 yellow onions
- 2 red or yellow bell peppers
- 1 green bell pepper
- 1 small red onion (optional)
- 1 jalapeno
- 2 pounds fresh green beans
- 1 (5oz) carton baby spinach
- 4-5 lemons
- 1 cucumber for pasta salad

DAIRY/REFRIGERATED GOODS

- cheddar cheese for potato salad, burgers, and sloppy joes
- mayonnaise + sour cream for potato salad
- ½ cup apple juice
- parmesan for skillet and pasta (optional)