

A Mind Full MOM

SUNDAY

BBQ Chicken Breasts

Cucumber Tomato Salad

MONDAY

Pasta Primavera

TUESDAY

BBQ Chicken Salad

WEDNESDAY

Grilled Greek Chicken

Mediterranean Chickpea Salad

THURSDAY

Greek Gyros

Mediterranean Chickpea Salad

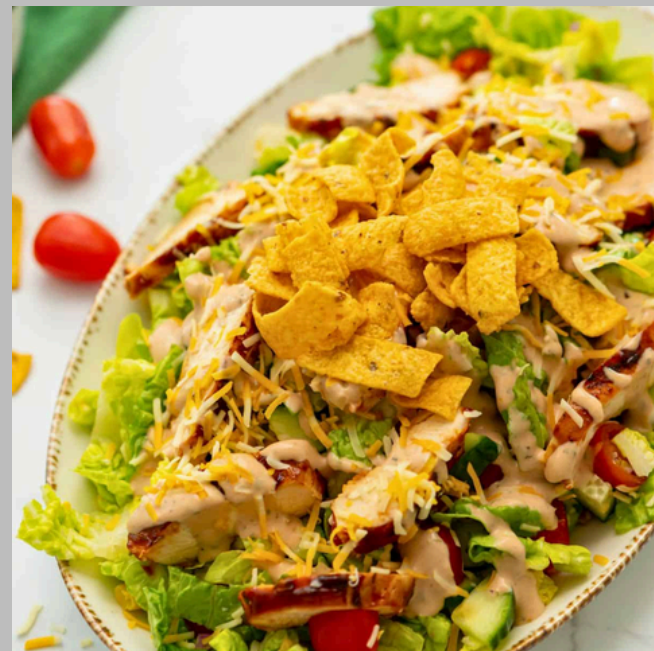
FRIDAY

Pita Pizzas

SATURDAY

Black Bean Burgers

Vegetable Kabobs



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BREAKFAST IDEAS

Lemon Ricotta Pancakes

Breakfast Sliders

PB & J Oatmeal Cups

LUNCH IDEAS

Greek Quinoa Salad

Chickpea Avocado Sandwiches

Leftover Chickpea Salad in Pitas

SNACK IDEAS

Chocolate Zucchini Muffins

Raspberry Cheesecake Bars

No Bake Oatmeal Balls

GROCERY LIST

Blank lines for writing a grocery list.



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- Sunday: A simple rub makes the BBQ Chicken. Paired with a simple salad that takes minutes to make, it is a meal that dad or kids can handle making mom (OR mom won't mind throwing together). Plan to grill (or bake) extra chicken to use for Tuesday night's salad.
- On Monday: Make pasta primavera with extra zucchini and peppers and skip the asparagus, broccoli, and sugar snap peas --unless you have them on hand.
- Tuesday: Use leftover BBQ Chicken to pull together a quick and satisfying salad.
- On Wednesday: Prepare extra Greek chicken and a large chickpea salad. Use leftover chicken to make Gyros. So good!
- Friday: Make pita pizzas with any toppings (chicken, olives, tomatoes, etc) of choice or keep it simple with just pizza sauce and mozzarella cheese.
- Ingredient Notes:
 - Use vegetables for pasta primavera and vegetable kabobs--mix and match the way you want.
 - Use pitas for gyros and pita pizzas AND stuffing leftover chickpeas salad in for an amazing lunch.
 - The black bean burgers call for onions and mushrooms. Use leftovers for vegetable kabobs.
 - Use red or sweet onions for the recipes this week--even though the recipe for black bean burgers calls for yellow onions (it will be fine!)
 - Use leftover olives, tomatoes, etc from the chickpea salad to make Greek quinoa salad for delicious lunches.
 - If you only need 4 buns for burgers, freeze the rest to use later in the summer OR use for lunches.

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MEATS/PROTEINS

- 4-5 lbs boneless, skinless chicken breast/thighs

GRAINS/BREADS

- pita bread for gyros and pita pizzas
- buns for black bean burgers

DRY GOODS/STAPLES

- BBQ sauce
- ranch dressing
- corn chips or tortilla strips for salad-- optional
- kalamata olives
- panko bread crumb
- 1 can black beans
- 2-3 cans chickpeas
- ¼ cup dry white wine (optional) for pasta
- 1 lb penne or bow-tie pasta

PRODUCE

- 3 hearts of romaine for salads
- 2 hothouse cucumbers
- 2 pints tomatoes
- 3-4 red onions (or sweet onions)
- 1 small shallot
- 2-3 small zucchini
- 2 bell peppers
- 3-4 lemons
- 1 bunch parsley
- 1 carton baby bella mushrooms
- toppings for gyros, burgers, etc.
- 1 bag frozen corn kernels for BBQ chicken salad

DAIRY/REFRIGERATED GOODS

- Greek yogurt
- shredded cheddar for BBQ salad
- shredded mozzarella for pita pizza
- feta for gyros if desired
- 1 egg or flax egg for burgers
- parmesan for pasta