

A Mind Full MOM

SUNDAY

Grilled Teriyaki Chicken
Instant Pot Cilantro Lime Rice
or Pineapple Rice

MONDAY

Asian Noodles
with Leftover Teriyaki Chicken

TUESDAY

Copycat Sofritas
Instant Pot Cilantro Lime Rice
or Pineapple Rice

WEDNESDAY

Chicken and Green Beans Skillet

THURSDAY

Pesto Chicken
Salad with Balsamic Dressing

FRIDAY

Pesto Pizza
Salad with Balsamic Dressing

SATURDAY

Bang Bang Shrimp
Bang Bang Sauce
Spring Rolls



A Mind Full MOM

BREAKFAST IDEAS

Potato Frittata

Pancakes

Overnight Oats

LUNCH IDEAS

Air Fryer French Bread Pizzas with Pesto

Burrito Bowl with leftover Sofritas

Leftover Pasta Salad

Grilled Cheese with Pesto

SNACK IDEAS

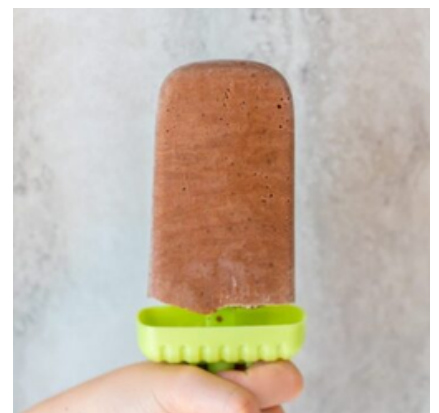
Homemade Fudgesicles

Peanut Butter Rice Krispie Treats

Blackberry Crisp

GROCERY LIST

Blank lines for writing a grocery list.



A Mind Full MOM

MEAL PLAN NOTES

- **On Sunday:** The teriyaki chicken serves 6 as written, plan to grill a couple extra breasts if needed to have leftover to add to Monday night's pasta salad to bulk it up. I also would prepare a double batch of rice to serve with the Sofritas on Tuesday night.
- **On Monday:** If desired, make extra pasta salad for lunches throughout the week. Add diced leftover teriyaki chicken to the pasta salad to make it more filling.
- **On Tuesday:** If you don't care for Sofritas, make taco meat instead and serve with leftover rice from Sunday night.
- **On Thursday:** Make a large tossed salad and Balsamic Vinaigrette and use it for dinner on Thursday and Friday.
- **On Friday:** If you have leftover pesto chicken, dice it up and add to pesto pizza. If not, it is delicious without!
- **Ingredient Notes:**
 - Chicken Breasts: Purchase in bulk to cut down on cost this week as they are used on Sunday, Wednesday and Thursday.
 - Fresh Mozzarella: For Pesto Chicken and Pesto Pizza. Feel free to use shredded or a block and shred yourself to save money--still delicious!
 - Tomatoes: Use grape or cherry tomatoes for salad, skillet, pesto chicken and pesto pizza topping.
 - Pesto: Use for pesto chicken and pesto pizza. Leftovers are great on grilled cheese sandwiches made with mozzarella or used to make a pesto French Bread pizza.

A Mind Full MOM

MEATS/PROTEINS

- 4-5 lbs chicken breasts
- 1 package of tofu/or ground beef
- 1-2 lbs shrimp (for Saturday night)

GRAINS/BREADS

- pizza dough or [ingredients for pizza dough](#)
- tortillas for sofritas if desired

DRY GOODS/STAPLES

- 32 ounces chicken broth
- canned pineapple Juice
- Brown or white rice
- [pesto sauce](#)
- garlic
- balsamic vinegar
- mirin
- soy sauce
- rice wine vinegar
- salsa
- chipotle peppers in adobe
- soy sauce
- 8 ounces spaghetti noodles
- toasted sesame oil
- panko breadcrumbs
- sweet chili sauce

PRODUCE

- poblano pepper
- 6 hearts of romaine for salads
- English Cucumber for tossed salads
- 3 pints grape tomatoes
- 1 jalapeno
- 3-4 limes
- 1 bunch cilantro
- 1 fresh pineapple (optional) for teriyaki chicken
- 12 oz broccoli slaw
- 1 red bell pepper for Asian noodles
- 1 bunch green onions
- ginger root

DAIRY/REFRIGERATED GOODS

- shredded cheddar cheese for sofrita bowls if desired
- sliced/shredded mozzarella for pizza and pesto chicken
- grated Parmesan cheese for pesto chicken
- mayo for bang bang shrimp
- egg for bang bang shrimp