

# A Mind Full MOM

## SUNDAY

Crockpot BBQ Pulled Chicken

or Instant Pot BBQ Chicken

Homemade Coleslaw

Grilled Corn on the Cob

## MONDAY

London Broil

Instant Pot Baked Potatoes

## TUESDAY

Veggie Fajitas

Roasted Corn Salsa

## WEDNESDAY

BBQ Chicken Pizza

with Veggies and Dill Dip

## THURSDAY

Baked Sausage with Peppers and Onions

or Instant Pot Sausage with Peppers and Onions

Baked Fries

or Air Fryer Fries

## FRIDAY

Veggie Wraps

with Leftover Fries

## SATURDAY

Baked Rigatoni

with Tossed Salad or Steamed Veggies



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## BREAKFAST IDEAS

Whole Wheat Waffles

Oatmeal Chocolate Chip Muffins

Overnight Oats

## LUNCH IDEAS

Leftover BBQ Chicken Sandwiches

Leftover Baked Potatoes (topped with BBQ Chicken if desired)

Veggie Wraps

## SNACK IDEAS

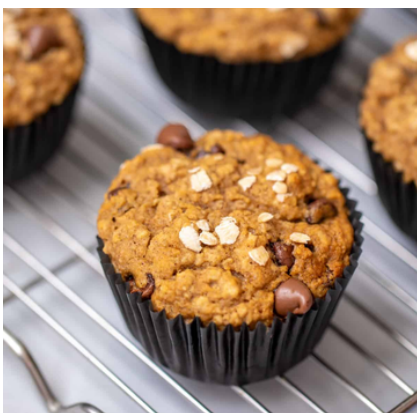
Cherry Smoothie

Stovetop Popcorn

Oatmeal Chocolate Chip Bars

## GROCERY LIST

Blank lines for writing a grocery list.



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## MEAL PLAN NOTES

- On Sunday: Make a large batch of BBQ Chicken. Serve as sandwiches with coleslaw and grilled corn tonight and save leftovers for a fun pizza and simple lunches. If you have a lot of leftovers, serve it over baked potatoes one night to make things super simple (this would be great in place of peppers and onions or veggie wraps). Make extra corn on the cob to have to make a quick corn salsa to go with fajitas.
- On Monday: Make extra baked potatoes to enjoy BBQ Chicken stuffed peppers for lunches (or an extra dinner one night). Save leftover London broil to add to the veggie fajitas if desired.
- On Tuesday: Use leftover corn on the cob to make corn salsa to serve with chips or on top of fajitas.
- On Wednesday: Use leftover chicken to make homemade pizza. Keep it super easy and swap pizza dough for French bread or pita bread and follow my recipes for [air fryer French bread pizza](#) or [pita bread pizza](#).
- On Thursday: Serve sausage and pepper as is or in buns. Save any leftovers to fold into pasta on Friday night and skip adding sausage. Make extra fries to serve with wraps on Friday.
- On Friday: Make veggie wraps using leftover dill dip in place of ranch dip and any leftover raw veggie from Wednesday night. Or use BBQ chicken in wraps.
- On Saturday: Skip adding sliced sausage and fold leftover sausage and peppers into pasta when adding cheese and bake as directed.
- Ingredient Notes: Use russet potatoes for baked potatoes and fries. Corn for a side and corn salsa, peppers and onions for fajitas and sausage dinner. Use yellow onion in place of red onion for corn salsa. Serve leftover coleslaw at lunches or as sides throughout week. Use pineapple juice for BBQ chicken and London Broil (drained canned pineapple works well for both).

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## MEATS/PROTEINS

- 2-3 lbs boneless, skinless chicken breasts
- 1 London Broil or Top Round
- 1 package raw Italian sausage links

## GRAINS/BREADS

- pizza dough or homemade dough
- tortillas for fajitas & wraps
- buns for pulled pork and Italian sausage

## PRODUCE

- 5-8 lbs russet potatoes
- 1 small head green cabbage (or bag coleslaw mix)
- 8-10 ears or corn
- 6-8 bell peppers (various colors)
- 3-5 yellow onions (1 bag)
- 3 limes
- 2 jalapenos
- 2-3 portabella mushrooms
- fresh fruit and veggies for serving on side, veggie wraps, etc.
- Mixed greens or steamed veggies for salad Saturday night

## DRY GOODS/STAPLES

- 1 jar favorite BBQ sauce
- 16 oz rigatoni
- 25 oz prepared spaghetti sauce
- 3 cups chicken or vegetable broth
- Dried dill seasoning
- 2 (20oz) cans pineapple in 100% juice or 16 ounces canned pineapple juice

## DAIRY/REFRIGERATED GOODS

- 8 oz cheddar cheese for pizza + More for fajitas
- Queso fresco or feta cheese for corn salsa
- 8 oz mozzarella cheese for rigatoni
- sour cream for dill dip + fajitas
- mayo for coleslaw + dill dip
- ½ cup heavy cream or stock for pasta bake