

A Mind Full MOM

SUNDAY: FATHERS DAY

Instant Pot Ribs

Bacon Ranch Potato Salad

Peach Cobbler

MONDAY

Grilled Flank Steak

Grilled Vegetable Kabobs

TUESDAY

Veggie Fajitas

Instant Pot Cilantro Lime Rice

WEDNESDAY

Buffalo Chicken Ranch Bake

THURSDAY

Shrimp Stir Fry

Leftover Rice * See notes on prep

FRIDAY

Tomato Pizza

Tossed Salad with Ranch

SATURDAY

Shake and Bake Chicken

Roasted Red Potatoes



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BREAKFAST IDEAS

Dutch Oven Pancake

Overnight Oatmeal

Sausage Gravy with
Homemade Biscuits

LUNCH IDEAS

Turkey Wraps

Rice Bowls with Leftover Steak or
Fajita Veggies

Chickpea Salad

SNACK IDEAS

Homemade No Churn Ice Cream

Peach Crisp

Zucchini Pineapple Bread

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- On Sunday, cook the entire package of bacon and set half aside for the buffalo chicken bake.
- On Monday morning, throw the veggies and steak into the marinade.
- On Tuesday: Make a double batch of rice. Remove half BEFORE adding cilantro and lime and save for shrimp stir fry. Serve the fajita veggies over rice rather than in tortillas. Then season as directed.
- On Wednesday: Make ranch dressing to use for a tossed salad and to drizzle on top of the casserole.
 - Money-Saving Tips: Use red potatoes for roasted red potatoes, buffalo chicken bake, and bacon ranch potato salad.
 - Use bell peppers for fajitas, kabobs, and shrimp stir fry.
 - Feel free to swap broccoli in shrimp stir fry for zucchini or yellow squash if you have extra on hand from making kabobs.

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MEATS/PROTEINS

- 1 rack of ribs
- 1 package bacon
- 1 flank steak (1.5-3 lbs)
- 2 pounds chicken breasts

GRAINS/BREADS

- pizza dough or homemade dough

PRODUCE

- 5 pounds red potatoes
- fresh garlic and ginger root
- 2 hearts of romaine for a side salad
- ingredients for the salad, such as cucumbers, tomatoes, carrots, etc
- 6-8 bell peppers
- 3 sweet onions
- 3-4 small zucchini and/or yellow squash
- 4-5 limes
- 1 bunch of cilantro
- 1 head of broccoli (optional)
- 3-4 large vine-ripened or heirloom tomatoes for pizza
- peaches for cobbler if desired

DRY GOODS/STAPLES

- Buffalo Sauce
- Dry Onion Soup Mix
- Fajita Seasoning
- brown or white rice
- red wine vinegar
- ranch dressing
- soy sauce
- Shaoxing wine (or mirin or dry sherry)
- rice wine vinegar
- BBQ sauce
- plain breadcrumbs

DAIRY/REFRIGERATED GOODS

- 1 lb fresh Mozzarella for pizza
- parmesan cheese
- 3 cups shredded cheddar cheese (for potato salad and buffalo bake)
- sour cream and mayo for potato salad