

A Mind Full MOM

SUNDAY

Crockpot Salsa Chicken
with Instant Pot Jasmine Rice
or Instant Pot Brown Rice

MONDAY

Slow Cooker BBQ Chicken Legs
or Air Fryer Chicken Legs
with Instant Pot Corn on the Cob

TUESDAY

Burritos using leftovers
with Mexican Street Corn Salad

WEDNESDAY

Creamy Cavatappi
with Sauteed Summer Squash

THURSDAY

Taco Skillet

FRIDAY

Pita Bread Pizzas and Fresh Fruit

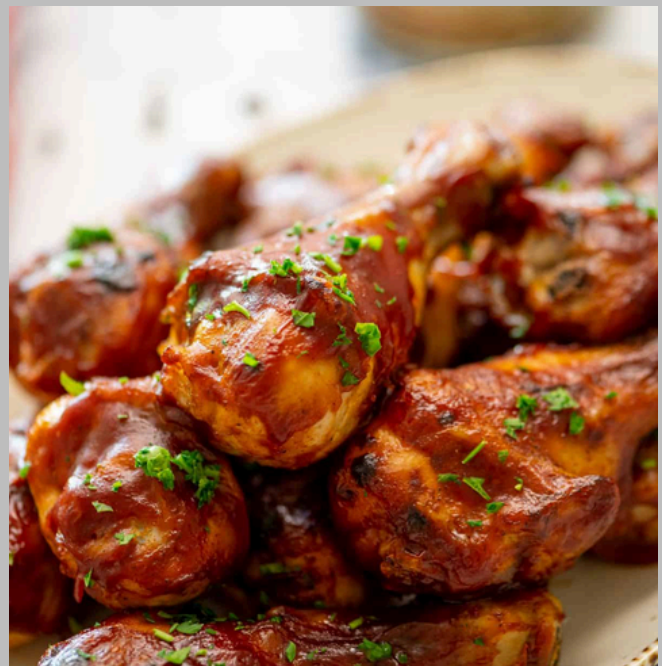
SATURDAY- 4TH OF JULY

Burgers

Baked Beans

Potato Salad (or Instant Pot Potato Salad)

Sour Cream Cucumber Salad
and Summer Fruit Salad



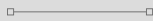
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BREAKFAST IDEAS

Sheet Pan Pancakes

Crockpot Breakfast Casserole

Baked Oatmeal Cups

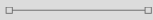


LUNCH IDEAS

Egg Salad

Air Fryer Bagel Pizzas

Leftovers from the Week



SNACK IDEAS

Blueberry Pie Bars

PB Oat Bars

Texas Sheet Cake

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- On Sunday: Save leftover salsa chicken and rice to make burrito bowls (or burritos) later in the week.
- On Monday: Make extra corn on the cob and use it to make Mexican street corn salad to serve on top of burrito bowls Tuesday (optional).
- On Tuesday: Make a double batch of rice. Remove half BEFORE adding cilantro and lime and save for shrimp stir fry. Then season as directed.
- On Friday: Keep dinner super simple and make pizzas with pita bread. Keep it classic with pizza sauce and cheese, or make a taco style pizza with leftover salsa chicken and taco toppings from week.
- Money-Saving Tips:
 - Use sour cream, cheese, lettuce, avocado, etc to top the bowls and burritos and use as well for the taco skillet.
 - Feel free to use ground beef for the taco skillet since using that for burgers on the 4th.
 - Use zucchini/summer squash for taco skillet and a simple (yet delicious) side for the pasta.
 - Leftover hard boiled eggs from potato salad? Use it to make egg salad for lunch (for this week or next).

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MEATS/PROTEINS

- 2 lb boneless, skinless chicken breasts
- 1 lb ground turkey (or additional beef)
- ground beef for burgers for 4th of July
- 4 oz bacon (optional for baked beans)

DAIRY/REFRIGERATED GOODS

- sliced cheese for burgers on 4th
- shredded cheddar/colby cheese for crockpot salsa chicken, burritos, and taco skillet
- mayonnaise for potato salad
- eggs for potato salad
- butter
- 1 cup heavy cream for pasta
- parmesan cheese for pasta
- sour cream for taco dishes and cucumber salad, and street corn
- Greek yogurt (or mayo) for street corn salad
- shredded mozzarella for pita pizzas

GRAINS/BREADS

- brown/white rice
- buns for burgers
- pita bread for pizzas
- 2 (16-oz) jars salsa
- 5 bunches cavatappi noodles
- brown sugar + molasses for baked beans
- 1 pound dried navy beans (see recipe for using canned beans)
- 16 oz can tomato sauce
- maple syrup
- apple juice
- 1 (15-oz) can black beans
- pizza sauce if needed/desired for pita pizzas

DRY GOODS/STAPLES

PRODUCE

- taco toppings--for burritos, crockpot chicken, & taco skillet
- 1-2 jalapenos
- 1 bunch cilantro (optional)
- 3 lbs russet potatoes for potato salad
- 3-4 yellow onions
- 4 small zucchini
- 2 small yellow squash
- 1 pound carrots
- 2 limes
- fruit for summer fruit salad
- 8-10 ears of corn
- green onions
- avocado (optional)