

A Mind Full MOM

SUNDAY

Cilantro Lime Chicken

Grilled Veggie Kabobs

MONDAY

Pesto Pasta

Salad with Balsamic Dressing

TUESDAY

Honey Lime Chicken Fajitas

WEDNESDAY

Southwest Chicken Salad

THURSDAY

BBQ Chicken Breasts

Corn and Tomato Salad

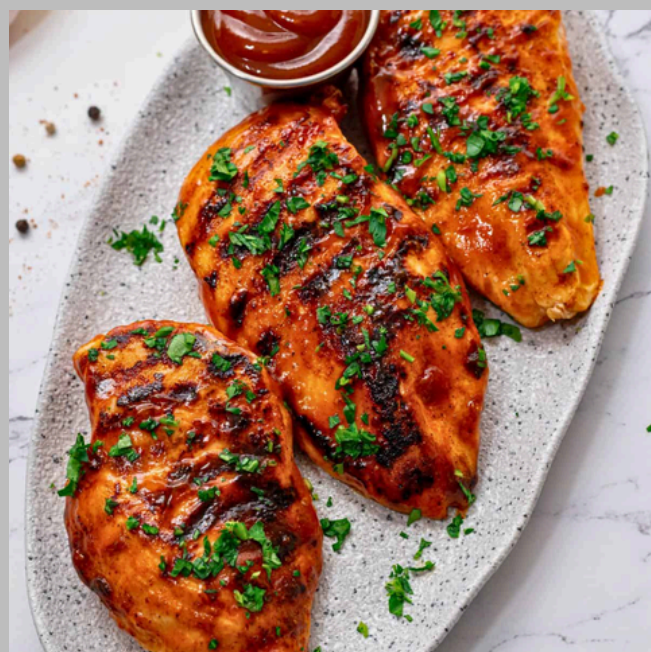
FRIDAY

BBQ Chicken Salad

SATURDAY

Sloppy Joes

Grilled Peaches



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MEAL PLAN NOTES

- **On Sunday:** Double the recipe and plan to marinate the chicken and veggies a 30 minutes to 2 hours before grilling. Save half for chicken fajitas and southwest salad. You can grill the corn now as well to use for fajitas, southwest salad, corn salad, and BBQ chicken salad.
- **On Monday:** Feel free to add grilled chicken sausage or chicken for added protein.
- **On Tuesday:** Serve fajitas with leftover chicken and grilled corn.
- **On Wednesday:** Prepare salad with leftover chicken and grilled corn.
- **On Thursday:** Make a couple extra BBQ Chicken breasts (or thighs) to use for salad. Make corn salad using leftover corn from earlier in the week.
- **On Friday:** Use leftover BBQ chicken for BBQ Chicken Salad.
- **Notes on Ingredients:** Use any vegetables you like for the vegetable kabobs. Feel free to use chicken breasts or chicken thighs or combo of both. You will need a lot of lettuce for salads. You will also use a lot of grape tomatoes and corn this week.

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MEATS/PROTEINS

- 4-5 lbs chicken breasts or thighs
- 1 lb ground beef

DRY GOODS/STAPLES

- 16 oz fettuccine
- 16 ounces black or pinto beans
- 2 (16 oz) cans of tomato sauce
- pesto sauce
- tortilla chips or strips for southwest salad
- honey
- salsa verde

DAIRY/REFRIGERATED GOODS

- sliced/shredded mozzarella for pizza and pesto chicken
- grated Parmesan cheese for pesto chicken and pasta (and homemade pesto if making)
- cheddar cheese for sloppy joes, and southwest salad

PRODUCE

- 6 hearts of romaine for salads
- English Cucumber for tossed salads
- Grape tomatoes for salads (or extra roma tomatoes)
- Roma tomatoes for pizza and pesto chicken
- avocado for Southwest Salad
- 6-8 ears of fresh corn
- 2-3 lbs red or russet potatoes
- 2-3 zucchini
- 3 red bell peppers
- 3 yellow or sweet onions
- 4-5 limes
- 1 lemon
- 2 bunches cilantro

GRAINS/BREADS

- pizza dough or ingredients for pizza dough
- buns for sloppy joes
- tortillas for fajitas