

# A Mind Full MOM

## SUNDAY

Rotisserie Chicken

Roasted Red Potatoes

Roasted Broccoli

## MONDAY

Instant Pot Mac & Cheese

or Stovetop Mac & Cheese

Broccoli Salad

## TUESDAY

Chicken Enchilada Casserole

Fresh Fruit

## WEDNESDAY

Chicken and Broccoli

Instant Pot Jasmine Rice

## THURSDAY

Chicken Bites

Roasted Red Potatoes

## FRIDAY

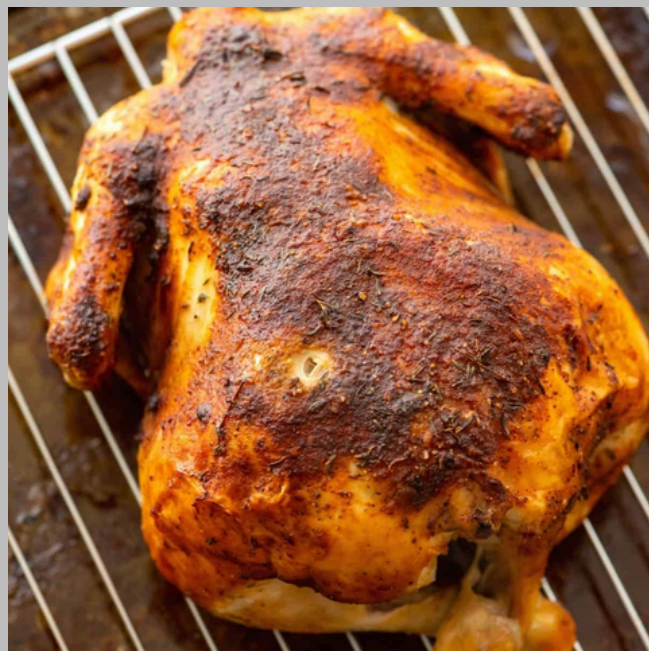
Buffalo Chicken Salad

## SATURDAY

Grilled Shrimp

Grilled Corn

Grilled Peaches

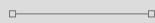


## BREAKFAST IDEAS

Chocolate Chip Pancakes

Instant Pot Frittata

Baked Ham and Egg Cups

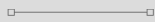


## LUNCH IDEAS

Bean Burritos

Chicken Salad Sandwiches

Ranch Veggie Wrap



## SNACK IDEAS

Blueberry Smoothie

Blueberry Pie Bars

Larabars

## GROCERY LIST

Blank lines for writing a grocery list.



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## MEAL PLAN NOTES

- On Sunday, make a Rotisserie Chicken (or two). Enjoy some for dinner and set aside leftovers for chicken enchilada casserole. Even more leftovers? Use it to make chicken salad for lunches. Feel free to buy store-bought rotisserie chickens to keep it easy too.
- On Thursday, make a double batch of chicken bites to use for the Buffalo Chicken Salad (you can toss with buffalo sauce OR leave as is--delish either way! Bonus--make extra roasted red potatoes and use as croutons on your salad. SO GOOD!
- Money-Saving Tips:
  - Feel free to use the bones from the rotisserie chicken to make homemade chicken stock (or Instant Pot Chicken Stock.)
  - Use broccoli for roasted broccoli, broccoli salad, and chicken and broccoli.
  - Use leftover fruit from Broccoli Salad to serve with chicken enchilada casserole.

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## MEATS/PROTIENS

- 1-2 whole chickens or prepared rotisserie chicken
- 2-3 pounds boneless, skinless chicken breasts or thighs
- 12 oz jumbo shrimp--shelled and deveined

## PRODUCE

- 5 pounds red potatoes
- 3 heads of broccoli
- 1-2 apples
- 1-2 oranges
- 2 red or sweet onions
- 1 jalapenos
- lettuce, tomatoes, cucumber, grape tomatoes, and celery for Buffalo chicken salad
- 4-6 ears of corn
- peaches for grilling

## DRY GOODS/STAPLES

- enchilada sauce
- 6 oz diced green chiles
- garlic
- 12 oz beer or chicken stock
- 16 oz elbow noodles
- 48 oz chicken broth
- Mirin
- honey

## GRAINS/BREADS

- tortillas for enchilada casserole

## DAIRY/REFRIGERATED GOODS

- 24 oz shredded cheddar for mac & cheese and enchiladas
- 8 oz cream cheese
- 4 oz sour cream for mac & cheese
- 1 cup shredded Swiss Cheese
- parmesan cheese
- milk