

A Mind Full MOM

SUNDAY

BBQ Chicken Breasts

Grilled Vegetable Kabobs

MONDAY

Crockpot Pasta

Homemade Garlic Toast

Side Salad with Balsamic

TUESDAY

Chicken al Pastor

with Instant Pot Cilantro Lime Rice

WEDNESDAY

BBQ Chicken Salad

THURSDAY

Southwest Chicken Salad

FRIDAY

Tomato Pizza

Side Salad with Balsamic

SATURDAY

Baked Italian Sausage

with Caprese Pasta Salad



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MEAL PLAN NOTES

- On Sunday: Prepare extra BBQ Chicken. Use leftovers to make BBQ chicken later on Wednesday.
- On Monday: Prepare enough balsamic dressing to use to dress the side salads and pasta salad later in the week.
- On Tuesday: Prepare extra Chicken al Pastor. Use the leftovers to make a Southwest Salad on Thursday.
- On Friday: Use fresh tomatoes and mozzarella to make a delicious summer pizza, and use any leftover mozzarella/tomatoes to make a caprese pasta salad.
- Money-Saving Tips: Plan for plenty of lettuce (romaine, iceberg, or mixed greens), cucumbers, tomatoes, etc., for entree and side salads.
- No need to purchase mozzarella pearls or grape tomatoes for the pasta salad. Simply dice the remaining fresh mozzarella and tomatoes, then use them in the pasta salad.
- There is no need to add the baked sausage to dinner Saturday night, but it pairs well with it. You can keep it vegetarian or grill some additional chicken to dice and add to pasta (or even dice up precooked chicken sausage).

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MEATS/PROTEINS

- 4 pounds chicken breasts/chicken thighs
- 4-6 raw Italian sausage links

GRAINS/BREADS

- pizza dough or homemade dough
- Italian/French Bread for garlic toast
- tortillas for Chicken al Pastor

DRY GOODS/STAPLES

- 16 ounces rotini noodles
- 16 ounces corkscrew or bowtie noodles
- white or brown rice
- Barbecue Sauce
- spaghetti sauce or 28 ounces crushed tomatoes and 6 ounces tomato paste
- balsamic vinegar
- molasses
- chipotles in adobo
- tortilla chips if desired for salads

PRODUCE

- 4-6 hearts of romaine for salads
- ingredients for the salad, such as cucumbers, tomatoes, carrots, etc.
- 2-3 bell peppers for kabobs (add more if you want to bake with Italian sausage)
- 4 sweet/white onions
- 2 small zucchini and/or yellow squash
- 3 vine-ripened tomatoes
- 1 pint grape tomatoes or additional vine-ripened tomatoes
- basil for pizza and pasta salad
- 1 bunch of cilantro
- 1 fresh pineapple
- 4 limes
- avocados for Southwest salad

DAIRY/REFRIGERATED GOODS

- 16 ounces fresh mozzarella cheese
- 8 ounces shredded mozzarella for pasta
- 16 ounces cottage cheese
- cheddar for salads (optional)