

A Mind Full MOM

SUNDAY

Crockpot Carnitas with Pina Colada

Smoothie and Pineapple

MONDAY

Chicken Kabobs with Cilantro Pesto

and Instant Pot Cilantro Lime Rice

TUESDAY

Sheet Pan Chicken Fajitas

with Guacamole and Tortilla Chips

WEDNESDAY

Leftover Carnitas
over Leftover Rice

THURSDAY

Homemade Sloppy Joes

with Oven Fries

FRIDAY

Baked Fish Tacos

and Fresh Fruit

SATURDAY

Leftover Sloppy Joes served over

Instant Pot Baked Potatoes

or Air Fryer Baked Potatoes



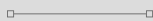
A Mind Full MOM

BREAKFAST IDEAS

Sheet Pan Pancakes

Slow Cooker Oatmeal

Healthy Breakfast Cookies

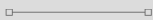


LUNCH IDEAS

Egg Salad

English Muffin Pizzas

Leftovers from the Week



SNACK IDEAS

Homemade Fruit Roll-Ups

PB Oat Bars

Texas Sheet Cake

GROCERY LIST



A Mind Full MOM

- **On Sunday:** Set half of the carnitas aside to use to make rice bowls later in the week. If you still have leftovers, freeze for another day or use for lunches. Use half a head of cabbage to make slaw to top the carnitas. For the smoothie, use leftover orange juice and pineapple juice drained off from a can of sliced pineapple. Serve the sliced pineapple for a side.
- **On Monday:** Prep extra rice and set aside half for rice bowls on Wednesday. No Instant Pot for cilantro lime rice? Make rice as package directs. Fold in zest and juice of 1 lime, a pinch of salt, and $\frac{1}{4}$ cup minced cilantro.
- **On Tuesday:** Such an easy meal! Serve with your favorite toppings and tortilla chips and guacamole or salsa.
- **On Wednesday:** Get over the hump by making rice bowls using leftover carnitas and rice. Top with any remaining slaw from carnitas and toppings from fajitas.
- **On Thursday:** Set half the Sloppy Joe mixture aside for Saturday night.
- **On Friday:** Use the other half of the cabbage to make slaw for fish tacos.
- **On Saturday:** Serve leftover Sloppy Joes over baked potatoes (or repeat Thursday's meal if you like).

A Mind Full MOM

MEATS/PROTEINS

- 2½-3 lb pork roast (shoulder, butt, or loin roast)
- 2 lbs chicken breast or thighs
- 2 lbs lean ground beef (or 1 lb with 1 can of beans to stretch the meat)
- 24 oz firm white fish

DAIRY/REFRIGERATED GOODS

- 8 oz orange juice
- mayonnaise for fish sauce
- sliced cheese for sloppy joes
- shredded cheddar for fajitas, taco bowls, and carnitas
- sour cream if desired for fajitas

GRAINS/BREADS

- brown/white rice
- buns for sloppy joes
- tortillas for fajitas, fish tacos, and carnitas

DRY GOODS/STAPLES

- 12 oz pale beer, or chicken stock
- 16-oz can pineapple chunks in juice
- 15-oz can coconut milk (for smoothies)
- 15-oz pinto beans (optional for sloppy joes)
- 16 oz can tomato sauce
- 6 oz tomato paste

PRODUCE

- 1 head cabbage
- 1-2 jalapeños
- 2-3 bunches cilantro
- 3 lbs russet potatoes
- 3-4 yellow onions
- 4 bell peppers (mixed colors)
- 5-6 limes
- fruit
- avocado + tomatoes for guacamole and topping fajitas, bowls, etc.