

A Mind Full MOM

SUNDAY

Grilled Marinated Flank Steak
with Easy Blender Salsa

MONDAY

Instant Pot Mac and Cheese
or One Pot Mac and Cheese
with Cucumber Tomato Salad

TUESDAY

Leftover Marinated Steak
over Instant Pot Cilantro Lime Rice

WEDNESDAY

Blackened Mahi Mahi
with leftover Mac and Cheese

THURSDAY

Jerk Chicken Kabobs
with Cilantro Lime Rice

FRIDAY

Tomato Bruschetta with a large side salad
with Homemade Balsamic Vinaigrette

SATURDAY

Caribbean Chicken Salad



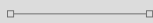
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BREAKFAST IDEAS

Whole Wheat Waffles

French Toast

Instant Pot Egg Bites

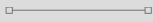


LUNCH IDEAS

Bean Burritos

Chickpea Avocado Salad

Leftovers from the week



SNACK IDEAS

Drumstick Ice Cream Cones

Peach Crisp

Zucchini Banana Bread

GROCERY LIST

Blank lines for writing a grocery list.



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- On Sunday: Marinate 1-2 flank steaks 2 to 8 hours before grilling. Set leftovers aside to serve as rice bowls later in the week. Leftover salsa is delicious over the rice bowls as well.
- On Monday: On Monday: Make the full batch of mac and cheese, as both versions serve 8. Plan on serving leftovers on Wednesday.
- On Tuesday: Make a batch of cilantro lime rice (or plain rice) to serve with leftover steak and salsa. Use leftover rice to serve with Jerk Chicken kabobs or add to bean burritos for lunches. Pull the mahi mahi out of the freezer and place it in the fridge for Wednesday night's dinner.
- On Wednesday: Reheat leftover mac and cheese with a splash of milk or broth to bring back the creaminess and serve with the Mahi Mahi.
- On Thursday: Marinate the chicken 30-60 minutes and plan to make extra chicken to add to Saturday's salad.
- On Friday: Dinner is on the lighter side. Feel free to add leftover chicken if desired.
- No Instant Pot? Prepare 2 cups of rice as the box directs on the stove. Add zest and juice of 1 large lime along with 1/4-1/2 cup chopped cilantro and salt as desired.
- Monday Saving Tips:
 - Buy extra tomatoes for the salsa, cucumber tomato salad, and bruschetta.
 - Buy one large bunch of cilantro for the salsa and cilantro lime rice.
 - Buy a whole pineapple and use it for the Jerk Chicken Kabobs and Caribbean Chicken Salad, and snack on the rest.
 - Use a sweet onion rather than purchase a red onion for the cucumber salad.

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MEATS/PROTEINS

- 1½ to 3 lbs flank steak
- 2-3 lbs chicken breasts or thighs
- 4-6 mahi mahi fillets

PRODUCE

- 1 bunch cilantro
- 4-5 large limes
- 1 lemon
- 3-5 lbs tomatoes, enough for salsa, cucumber tomato salad, and bruschetta
- 2 vine-ripened cucumbers
- 3 yellow or sweet onions
- 2 red or yellow bell peppers
- 1 green bell pepper
- 1 jalapeño or habanero
- 1 knob fresh ginger
- 1 bunch fresh basil
- 2-3 hearts of romaine or butter lettuce (for side salad and Caribbean salad)
- 1 fresh pineapple
- 1 mango
- additional toppings for side salads (use leftover cucumbers, tomatoes, peppers, etc.)

BREAD/GRAINS

- baguette

DRY GOODS/STAPLES

- Jerk Seasoning
- Fajita Seasoning
- 16 oz elbow noodles
- 32 oz vegetable or chicken broth
- 15 oz can black beans
- 1 (12 oz) can of mandarin oranges
- tortilla chips for serving with salsa
- brown or white rice

DAIRY/ REFRIGERATED GOODS

- milk for mac and cheese (2-4 cups)
- butter for mac and cheese
- 8-16 oz sour cream for mac and cheese and
- sharp cheddar (6-12 ounces)
- 2-4 oz Swiss cheese for mac and cheese
- Parmesan cheese
- orange juice concentrate