

A Mind Full MOM

SUNDAY

Instant Pot Barbacoa

with Instant Pot Jasmine Rice

MONDAY

Easy Bean Burritos

Summer Fruit Salad

TUESDAY

Torta Sandwich using leftover Barbacoa

Air Fryer Zucchini Fries

WEDNESDAY

Taco Pizza

THURSDAY

Turkey Taco Skillet

FRIDAY

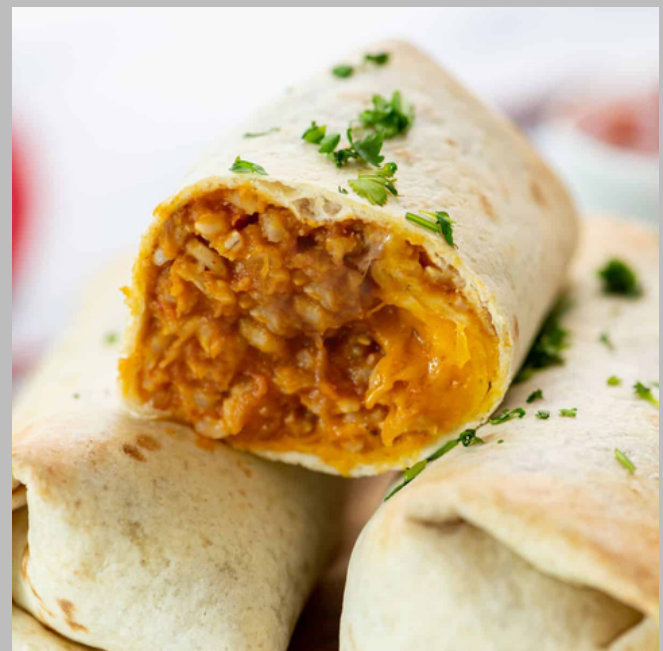
Marinated Greek Chicken

Grilled Vegetable Kabobs

SATURDAY

Chicken Gyros

Fresh Veggies and Tzatziki



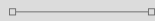
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BREAKFAST IDEAS

Banana Cottage Cheese Pancakes

Oven Poached Eggs

French Toast



LUNCH IDEAS

Leftovers from the week (burritos, sandwiches, etc.)

Mediterranean Chickpea Salad

Mexican Quinoa Salad



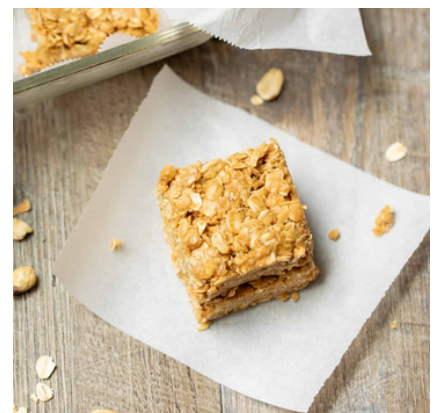
SNACK IDEAS

Zucchini Pineapple Bread

Grilled Peaches

Peanut Butter Oat Bars

GROCERY LIST



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On Sunday: Prepare the barbacoa and rice. You can opt to prepare the rice in the Instant Pot while the meat rests, or on the stovetop. Prepare extra rice to make refried bean burritos on Monday. Set leftover beef aside for sandwiches and pizza later in the week.

Slow Cooker Barbacoa: Layer the ingredients for the Instant Pot Barbacoa in a slow cooker and cook the beef for 8-10 hours on low or 5-6 hours on high. Shred as directed.

For Instant Pot Rice: Place the pressure-cooked beef in a large bowl with the cooking liquid and cover with foil. Rinse and dry the inner pot, prepare rice, and while the pressure is releasing after the rice has cooked, shred the beef. I recommend white rice for speed here.

On Monday: If desired, prepare refried beans in the Instant Pot (no need to soak the dried beans). Otherwise, just use a few cans of refried beans to make bean burritos, as a spread for Torta sandwiches, and as a topping for pizza.

On Tuesday: Make the Torta Sandwiches by layering refried beans and leftover barbacoa rather than preparing chicken.

On Wednesday: Use leftover beef and refried beans to make taco pizza.

On Friday: Prepare extra Greek chicken and use it for Gyros Saturday night.

Money Saving/Grocery Tips:

- Cabbage makes a nice addition to tortas. Purchase a large head of cabbage and use it to add to barbacoa bowls, burritos, top pizza, etc. Or simply use lettuce in place of cabbage.
- Along with cabbage, purchase avocado, tomatoes, shredded cheese, etc to use as your favorite taco toppings.
- Zucchini is used in side dishes and the skillet. If you still have some leftover, make Pineapple Zucchini Bread or Banana Zucchini Bread.

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MEATS/PROTEINS

- 3-4 pound chuck roast
- 1 lb ground turkey (or additional ground beef)
- 3 lbs boneless, skinless chicken breast

GRAINS/BREADS

- pizza dough for taco pizza
- tortillas for bean burritos
- bolillo rolls for torta sandwiches
- pita bread for gyros

DRY GOODS/STAPLES

- chipotles in adobo sauce
- 4 oz can diced green chiles
- 16 oz beef stock
- 8 oz light beer (optional)
- vegetable/chicken stock for cooking rice (optional)
- jasmine rice
- dried onion soup mix
- 24 oz jarred salsa
- pumpkin puree (optional)
- taco seasoning
- 3 (15oz) cans refried beans or homemade refried beans

PRODUCE

- 2-3 large seedless cucumbers
- 2-3 bell peppers
- 6-8 small zucchini
- 1-2 jalapeno
- 3-4 yellow onions
- 2-3 limes
- 3-4 lemons
- fruit for fruit salad: berries, kiwi, melon, etc
- avocado, tomatoes, cabbage for topping torta, taco pizzas, barbacoa bowls, etc
- vegetables for Greek salad-- romaine, tomatoes, cucumbers, peppers, etc

DAIRY/REFRIGERATED GOODS

- 16-24 oz cheddar cheese (for taco skillet, taco pizza, and bean burritos)
- queso fresco for tortas
- mayonnaise for torta sandwiches
- 24 oz Greek yogurt for Tzatziki and marinade