

A Mind Full MOM

SUNDAY

BBQ Chicken Burger

Grilled Vegetable Kabobs

MONDAY

Stuffed Portobello Mushrooms

TUESDAY

Vegetarian Fajitas

Chips and Blender Salsa

WEDNESDAY

Pesto Pasta

Warm Bread and Olive Oil Bread Dip

THURSDAY

Pesto Chicken

Grilled Zucchini Salad

FRIDAY

Pesto Pizza

SATURDAY

Sloppy Joes

Instant Pot Corn on the Cob



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BREAKFAST IDEAS

Potato Frittata

Whole Wheat Pancakes

Overnight Oats

LUNCH IDEAS

Air Fryer French Bread Pizzas

Spinach Quinoa Salad

Leftovers from the Week

SNACK IDEAS

Homemade Fudgesicles

Zucchini Muffins

Blackberry Crisp

GROCERY LIST



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- **For Chicken Burgers:** Instead of purchasing ground chicken, use my directions in the post to make your own "ground" chicken from chicken breast. Then you can use a large pack of boneless skinless chicken breasts for both the burgers and baked pesto chicken. Bonus: You can even use ground chicken to make Sloppy Joes.
- **For Stuffed Portabellos:** If desired, make extra quinoa for spinach quinoa salad for lunches. You will have leftover spinach as well. Or skip the spinach addition if you won't use it elsewhere. I would plan to stuff 4 mushrooms and use 2 mushrooms for the fajitas.
- **For Vegetable Kabobs:** Use whatever veggies you have on hand. You will be using zucchini, onions, and bell peppers throughout the week -so that is my vote.
- **For Cheese:** While fresh mozzarella is nice, it is pricey. Go ahead and use a block of mozzarella and shred it yourself to top pesto chicken and pesto pizza. I recommend buying a block of cheddar to grate for tacos, slice for sloppy joes, and cube for BBQ chicken burgers.
- **Pesto:** Prepare pesto yourself (with fresh basil, pine nuts, olive oil, lemon, garlic) for the best flavor (super easy) or keep it simple with jarred/refrigerated pesto. You will need it for the pesto chicken, pasta, and pizza.
- **Zucchini Salad:** This is a great time to use tomatoes, basil, zucchini, and lemon from other recipes to make a unique salad.
- **Pesto Pizza:** If you have leftover pesto chicken, dice it up and add it to the pizza as well. Otherwise, skip the chicken to keep dinner simple.
- **Buns:** Use 4 buns for Sunday's burgers and 4 for sloppy joes on Saturday (or purchase 2 packs for more!)

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MEATS/PROTEINS

- 1 ½ lbs chicken breast
- 1 ½ lbs ground chicken (or additional chicken breasts)
- 1 lb ground beef or chicken

DRY GOODS/STAPLES

- 16 oz spaghetti or fettuccine
- 8 oz vegetable broth
- 1 (16 oz) can of tomato sauce
- tortilla chips
- BBQ sauce
- honey
- red wine vinegar
- quinoa
- pine nuts if making pesto
- Kalamata olives for zucchini salad

DAIRY/REFRIGERATED GOODS

- 16 oz mozzarella cheese
- 8-16 oz cheddar cheese
- grated Parmesan
- basil pesto (or ingredients to make pesto)
- feta for zucchini salad (optional)

PRODUCE

- 2 pints grape tomatoes or 1 pound Roma tomatoes pesto pizza, pasta, & chicken
- 4 average vine-ripened tomatoes for salsa
- 2 jalapenos
- 2-3 limes
- 2 lemons for pesto
- 1 bunch of cilantro
- 2-3 bunches basil
- 1 bag of frozen corn for mushrooms or fresh corn cut off the cob
- 4-8 ears fresh corn to enjoy as a side
- 6-8 portobello mushrooms
- 4 medium zucchini
- 3-5 red bell peppers
- 2 green bell peppers
- 3 yellow or sweet onions

GRAINS/BREADS

- pizza dough or ingredients for pizza dough
- buns for burgers and sloppy joes