

A Mind Full MOM

SUNDAY

Cilantro Lime Chicken

Grilled Corn on the Cob

MONDAY

Chickpea Salad stuffed into Pita

with Veggies and Tzatziki

TUESDAY

Southwest Chicken Salad

WEDNESDAY

BBQ Chicken Breasts

Corn and Tomato Salad

THURSDAY

BBQ Chicken Salad

FRIDAY

Caprese Salad with a Loaf of
Bread and Bread Dipping Oil

SATURDAY

Instant Pot Shrimp Boil or
Stovetop Shrimp Boil



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BREAKFAST IDEAS

Baked Cottage Cheese Eggs

Whole Wheat Waffles

Instant Pot Yogurt with
Homemade Granola

LUNCH IDEAS

Pita Bread Pizzas

Leftovers from the Week

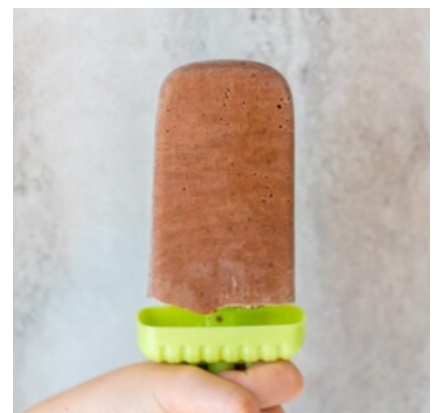
SNACK IDEAS

Homemade Fudgesicles

Zucchini Banana Bread

Easy Peach Crisp

GROCERY LIST



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- **On Sunday:** Marinate chicken breasts or thighs after lunch and grill off enough for dinner Sunday and to add to salad on Tuesday night. I also would recommend grilling off extra corn to make a corn and tomato salad later in the week and to add to Tuesday & Thursday's salads as well. You can prep the Tzatziki today as well, or wait until Monday, to enjoy with veggies and Mediterranean Wraps.
- **On Monday:** Stuff the Mediterranean chickpea salad into pitas with shredded lettuce. Serve with Tzatziki and raw veggies. Use any leftover pita bread for lunches throughout the week.
- **On Tuesday:** Use leftover grilled chicken and leftover grilled corn to make a quick Southwest Salad. Wash enough greens for Thursday night's salad as well.
- **On Wednesday:** Use chicken breasts or thighs to make BBQ chicken. Grill enough for dinner tonight and a salad tomorrow night.
- **On Thursday:** Make a quick BBQ chicken salad using leftover greens
- **On Friday:** In the heat of the summer, a Caprese salad with a big loaf of bread and a glass of chilled wine is ideal for me. But if you want some added protein, try Grilled Shrimp (defrost some frozen shrimp you will have for the Shrimp Boil Saturday night).
- **On Saturday:** Use frozen shrimp to make Instant Pot Shrimp Boil or fresh shrimp for the stovetop version. Add any leftover fresh corn to the boil as well.

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MEATS/PROTEINS

- 4-5 lbs chicken breasts or thighs
- 1 lb raw, frozen jumbo shrimp (or fresh for stovetop shrimp boil)
- 12 ounces smoked sausage

DRY GOODS/STAPLES

- 1 15-oz can black or pinto beans
- 15-oz can chickpeas
- tortilla chips or strips for southwest salad (optional)
- BBQ sauce
- Ranch dressing
- red wine vinegar
- Kalamata olives
- Old Bay seasoning

DAIRY/REFRIGERATED GOODS

- 1-lb fresh mozzarella
- feta for chickpea salad
- Greek yogurt for Tzatziki
- cheddar for salads (optional)
- one 12 ounce lager (or chicken stock)

PRODUCE

- 6 hearts of romaine for salads
- 2 English cucumbers
- 2-3 pints grape tomatoes or 3-4 pounds Roma tomatoes
- 3-4 Heirloom or vine-ripened tomatoes
- 10-12 ears of corn
- avocado for Southwest Salad
- 2 lbs red potatoes
- 1-2 red bell peppers
- 2-3 red onions
- 4-5 limes
- 3 lemons
- 2 bunches cilantro
- 1 bunch parsley

GRAINS/BREADS

- bread for Friday night's dinner (sourdough or Italian bread works well here)
- pita bread