

A Mind Full MOM

SUNDAY

Chicken Shawarma Wraps

Summer Fruit Salad

MONDAY

Pesto Pasta

Cucumber Tomato Salad

TUESDAY

Leftover Chicken Shawarma

Instant Pot Jasmine Rice

WEDNESDAY

Baked Pesto Chicken

Caprese Salad

THURSDAY

Dumpling Bake

FRIDAY

Pita Pizza

Fresh Fruit & Veggies

SATURDAY

Sheet Pan Gnocchi



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BREAKFAST IDEAS

Oven Pancake

Hashbrown Breakfast Casserole

Overnight Oats

LUNCH IDEAS

Quick & Easy Ramen Soup

Veggie Wrap

Pesto and Tomato Grilled Cheese

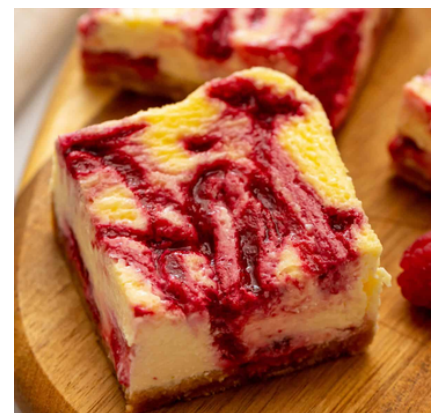
SNACK IDEAS

Raspberry Cheesecake Bars

Tropical Kale Smoothie

Stovetop Popcorn

GROCERY LIST



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MEAL PLAN NOTES

- **On Sunday:** Marinate the chicken about an hour prior to cooking. I suggest setting aside half to serve over rice on Tuesday and using the remaining half to stuff into pita bread for wraps. (One batch of chicken should be enough to feed a family of four twice when served in wraps and over rice.
- **On Monday:** Make a quick cucumber and tomato salad instead of a traditional salad, since you will have cucumbers and tomatoes on hand. For the pesto, make it yourself or use your favorite refrigerated store-bought pesto (not a store-bought brand).
- **On Tuesday:** Serve leftover chicken over Instant Pot or steamed rice. Even cauliflower rice works well.
- **On Wednesday:** I love this easy baked pesto chicken. So much flavor and so easy! I like serving it with a Caprese salad, but that is a lot of cheese! Feel free to swap it out for steamed veggies of choice.
- **On Thursday:** This is a fun, flavorful one-pan bake my family loves. It has quickly become a repeat request.
- **On Friday:** Use leftover pita wraps, pesto, cheese, tomatoes, etc. to make individual pesto pizzas. An easy dinner made for Friday night.
- **On Saturday:** Feel free to add sliced smoked Italian chicken sausage; I enjoy it with or without.
- **For Leftovers:** Use leftover tomatoes, mozzarella, and pesto to make grilled cheese/paninis. Use leftover bok choy to make Ramen at lunch.

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PROTEINS

- 3 lbs chicken breasts
- 12 oz smoked Italian chicken sausage (optional)

PRODUCE

- Lemons (4)
- 3 pints of cherry/grape tomatoes (for gnocchi bake, pesto chicken, and pesto pasta--feel free to use larger tomatoes for all but gnocchi bake)
- 3-4-3 vine-ripened tomatoes for Caprese salad and Cucumber Tomato Salad
- 3-4 English cucumbers
- 1 bunch cilantro
- 1 red onion
- 1 bunch basil (for Pesto dishes and Cucumber tomato salad)
- fresh fruit of choice
- fresh veggies for serving with pizzas if desired
- 2 baby bok choy
- green onions for dumpling bake
- fresh garlic and ginger
- 1 bunch broccolini
- 1 shallot

BREADS/GRAINS

- pita bread for Shawarma and pizzas
- brown or white rice

DRY GOODS

- homemade pesto or jarred
- 1 (15-oz) can coconut milk, full-fat
- Tahini
- soy sauce
- spices for shawarma (turmeric, paprika, cardamom, etc)
- rice wine vinegar
- toasted sesame oil
- red curry paste or gochujang for Dumpling bake
- 1 (16oz) package dried potato gnocchi
- 1 (16oz) package spaghetti

DAIRY/FROZEN

- 1-2 balls of fresh mozzarella
- shredded or fresh mozzarella for pita pizzas
- Parmesan
- 1 (16-oz) bag frozen potstickers