

A Mind Full MOM

SUNDAY

Crockpot Carnitas
or Instant Pot Carnitas

MONDAY

Carnitas Bowls with Instant Pot White Rice
(using Sunday's leftovers)

TUESDAY

Mexican Spaghetti

WEDNESDAY

Sheet Pan Chicken Fajitas
with Fresh Fruit

THURSDAY

Sheet Pan Salmon
with Potatoes and Green Beans

FRIDAY

Burgers
Instant Pot Corn on the Cob

SATURDAY

Pizza Sliders
Veggies and Dill Dip



A Mind Full MOM

BREAKFAST IDEAS

Overnight Oats

Homemade Egg McMuffins

Banana Cottage Cheese Pancakes

LUNCH IDEAS

Leftovers

English Muffin Pizzas

Cheese Quesadillas

SNACK IDEAS

Homemade Granola Bars

Easy Chocolate Chip Cookies

Cherry Smoothie

GROCERY LIST



A Mind Full MOM

MEAL PLAN NOTES

- **On Sunday:** Let the slow cooker (or Instant Pot) handle the carnitas. Make enough pork and slaw to intentionally save for Monday.
- **On Monday:** Turn leftover carnitas into rice bowls with Instant Pot Jasmine Rice, leftover slaw, avocado, cilantro, salsa, or other taco toppings.
- **On Tuesday:** Mexican Spaghetti is a quick one-pot dinner. Use ground beef, turkey, or chicken. If using beef, buy extra for Friday's burgers.
- **On Wednesday:** Sheet Pan Chicken Fajitas reuse the peppers, onions, lime, cilantro, tortillas, and toppings from earlier in the week.
- **On Thursday:** Sheet Pan Salmon cooks with potatoes and green beans, so the whole dinner is handled on one pan. Feel free to swap the green beans for another quick cooking veggie.
- **On Friday:** Keep dinner simple with burgers and corn on the cob. Use the remaining ground beef from Tuesday if you bought in bulk.
- **On Saturday:** College football is back! Hawaiian Roll Pizza Sliders are easy to assemble and perfect for game day. Serve with any fruit or raw veggies left from the week.
- **For Leftovers:** Extra peppers, onions, avocado, cilantro, tortillas, and cheese can become quesadillas or wraps. Freeze extra rice for another week.

A Mind Full MOM

PROTEINS

- 1 (2½-3 lb) pork shoulder, pork butt, or pork loin roast
- 2½ lbs ground beef
- 1½ pounds boneless, skinless chicken breasts
- 4 (6-ounce) salmon fillets
- 4 ounces sliced pepperoni

PRODUCE

- 1 small head green or purple cabbage
- 3 limes
- 1 lemon
- 1 bunch cilantro
- 1 small red onion
- 3 yellow onions
- 4 large bell peppers, preferably a mix of colors
- Avocados, tomatoes, lettuce and/or other taco/burger toppings of choice
- 24 ounces petite red or yellow potatoes
- 12 ounces fresh green beans
- 4-6 ears fresh corn
- Fresh fruit and raw vegetables of choice for Saturday
- Garlic, if not using jarred minced garlic

BREADS/GRAINS

- 1 package tortillas
- 2 cups long-grain white or jasmine rice
- 8 ounces spaghetti
- 4 hamburger buns
- 1 (12-count) package Hawaiian sweet rolls

DRY GOODS

- 1 (10-ounce) can diced tomatoes with green chilies
- 1 (8-ounce) can tomato sauce
- Pizza sauce, at least ¼ cup plus additional for dipping
- 12 ounces pale beer or chicken stock for the carnitas
- Additional broth/stock only if using it instead of water for the rice

DAIRY/FROZEN

- 1 (8-ounce) block cheddar cheese (use about half for Mexican Spaghetti and the remainder for burgers, if desired)
- 6 slices provolone cheese
- 6 slices low-moisture mozzarella
- Parmesan cheese, at least ¼ cup grated
- 1 stick unsalted butter
- Sour cream, optional for Mexican Spaghetti/fajita toppings
- Orange juice, ½ cup