

A Mind Full MOM

SUNDAY

Instant Pot Whole Chicken
(or Homemade Rotisserie Chicken)
with Italian Roasted Vegetables

MONDAY

Grilled Chicken Thighs
with Grilled Veggie Kabobs

TUESDAY

Chicken Rice Bowl (with leftovers)
and Instant Pot Jasmine Rice
or Instant Pot Brown Rice

WEDNESDAY

Creamy Cheesy Chicken and Rice
with Steamed Veggies

THURSDAY

Tacos with Taco Meat
and chips and salsa

FRIDAY

Taco Pizza
with Mango Smoothies

SATURDAY

Sausage Sheet Pan Meal



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BREAKFAST IDEAS

Leftovers

Chicken Salad with Grapes

Tossed salad with leftover grilled chicken

LUNCH IDEAS

Leftovers

English Muffin Pizzas

Cheese Quesadillas

SNACK IDEAS

Cream Cheese Apple Dip

Chocolate Zucchini Muffins

No-Bake Energy Bites

GROCERY LIST



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MEAL PLAN NOTES

- **On Sunday:** Prepare the chicken and reserve 2 cups of cooked chicken for Wednesday's dinner. While dinner cooks, prep the marinade for grilled chicken and veggies. Add the chicken thighs and veggies to their respective marinade Sunday evening or Monday morning so they don't marinate longer than 24 hours (Monday morning is my vote if possible).
- **On Monday:** Cook a little extra chicken and vegetables and refrigerate the leftovers for Tuesday's rice bowls.
- **On Tuesday:** Prepare enough rice to reserve 4 cups cooked rice for Wednesday's casserole.
- **On Wednesday:** Dinner is mostly assembled for you! Use the 2 cups cooked chicken reserved from Sunday and 4 cups cooked rice reserved from Tuesday to prepare the casserole.
- **On Thursday:** Prepare a batch of Taco Meat and set aside 1 to 1½ cups for Friday's Taco Pizza before serving dinner.
- **On Friday:** Use Thursday's reserved Taco Meat and a can of refried beans to make Taco Pizza.
- **On Saturday:** Use any zucchini, squash, peppers, onions, broccoli, etc. left from the week. Just remember to add softer vegetables, such as zucchini or tomatoes, halfway through cooking.
- **Easy Swaps + \$ Saving Tips:** Purchase whatever color bell peppers are least expensive. Ground beef, turkey, chicken, or pork all work for the Taco Meat, so choose whichever is on sale. Don't purchase extra vegetables specifically for Saturday unless needed. That meal is purposely designed to use up what is left from the week.

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PROTEINS

- 1 whole chicken, about 4-5 lbs
- 2 lbs boneless, skinless chicken thighs
- 1 lb lean ground beef, turkey, chicken, or pork
- 12 oz fully cooked or smoked sausage

PRODUCE

- 2 small lemons
- 3-4 onions, including at least 1 red onion
- 3-4 bell peppers, assorted colors
- 3 small zucchini
- 3 small yellow squash
- 1 head of broccoli (for steaming and/or sheet pan meal)
- 1½ lbs baby or red potatoes
- 1-2 large sweet potatoes
- 4 medium Yukon gold or red potatoes
- 1 pint cherry or grape tomatoes
- Taco toppings (lettuce, tomatoes, avocado, etc.)
- Frozen mangoes for smoothies (optional)
- 1 banana for smoothie (optional)

BREADS/GRAINS

- tortillas/shells for tacos
- long-grain white or brown rice
- 1 pound refrigerated or homemade pizza dough
- tortilla chips

DRY GOODS

- 15 oz can of refried beans
- 8 oz can tomato sauce
- thick & chunky salsa, for Taco Pizza
- 1 carton low-sodium chicken broth,
- dry white wine (1/4 cup, optional)

DAIRY/FROZEN

- 4 tablespoons unsalted butter, plus extra for greasing
- 3½ cups shredded cheddar cheese
- Additional shredded cheddar or Mexican-blend cheese for tacos
- Sour cream, optional for tacos
- Parmesan cheese, optional for Sunday's roasted vegetables
- orange juice for mango smoothies (optional)