

A Mind Full MOM

SUNDAY

Baked Rotini

Olive Garden Salad

Garlic Toast

MONDAY

Broccoli Cheese Soup

with Leftover Salad & Garlic Toast

TUESDAY

Black Bean Tacos

Instant Pot Cilantro Lime Rice

WEDNESDAY

Crockpot Chicken Chili

or Instant Pot Chicken Chili

THURSDAY

Easy Chicken Cordon Bleu

Baked Broccoli

FRIDAY

Leftover Chicken Chili
over rice

SATURDAY

Stuffed Pepper Casserole



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BREAKFAST IDEAS

Pumpkin Oatmeal

Egg Cups

Cottage Cheese Pancakes

LUNCH IDEAS

Leftover Soup, Pasta, and Chili

Veggie Wraps

Ham and Cheese Sandwiches

SNACK IDEAS

Baked Apples

Homemade Larabars

Cinnamon Sugar Baked Donuts

GROCERY LIST



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MEAL PLAN NOTES

- **Sunday:** Make enough salad and garlic toast with the Baked Rotini to serve again with Monday's soup. If you have leftover cottage cheese from the rotini, save it for Cottage Cheese Pancakes later in the week.
- **Monday:** Use the extra salad and garlic toast from Sunday to round out the Broccoli Cheese Soup without making two more sides. When shopping, buy enough fresh broccoli for both tonight's soup and Thursday's roasted broccoli to cut down on waste.
- **Tuesday:** Make a double batch of Cilantro Lime Rice. You'll use the extra rice again Friday with the leftover chicken chili, which means one less thing to cook at the end of the week.
 - **No Instant Pot?** Cook 2 cups of rice according to the package directions, then stir in the zest and juice of 1 lime, a pinch of salt, and $\frac{1}{4}$ cup minced cilantro.
- **Wednesday:** Buy one larger value pack of chicken breasts and divide it between the Chicken Chili and Thursday's Chicken Cordon Bleu.
- **Thursday:** Purchase only the amount of sliced ham and Swiss you need from the deli counter for the Chicken Cordon Bleu. Or buy a little extra intentionally and use it for the Egg Cups and ham and cheese sandwiches included in this week's breakfast and lunch ideas.
- **Friday:** Dinner is already handled. Warm up the leftover Chicken Chili and serve it over Tuesday's extra rice for quick chili bowls. Add any leftover cheese, cilantro, or other taco toppings from earlier in the week before buying anything new.

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MEATS/PROTEINS

- 2 lb boneless skinless chicken breasts
- 1 pound lean ground beef
- 8 thin slices of ham

DRY GOODS/STAPLES

- long-grain brown or white rice
- 2 (32 oz) cartons chicken stock (use for rice, chili, cordon bleu, and broccoli soup)
- 24 oz spaghetti sauce
- 16 oz rotini noodles
- 1 (8-ounce) can tomato sauce
- 1 (10 oz) can mild diced tomatoes with green chiles
- 2 (15 oz) cans diced tomatoes
- 2 (15 oz) cans pinto beans
- 2 (15 oz) cans black beans
- 1 cup Pale light lager (or additional stock)
- ¼ cup dry white wine, OPTIONAL
- croutons for salad
- mayo for salad dressing
- black olives for salad
- pepperoncini peppers for salad

GRAINS/BAKERY

- taco shells
- thickly sliced bread for Garlic toast

PRODUCE

- 3-4 yellow onions
- 2-3 limes
- 1 bunch cilantro
- 1 jalapeno (optional)
- 2 green peppers
- 1 red bell pepper
- 2 cups frozen corn
- iceberg lettuce mix for salad
- 3-5 roma tomatoes for salad
- 2-3 large heads of broccoli

DAIRY/REFRIGERATED GOODS

- 1½ cups half and half for broccoli soup
- ~24-32 oz cheddar cheese for chili, tacos, stuffed pepper casserole, and broccoli cheese soup
- 16 oz mozzarella cheese for pasta bake and stuffed peppers
- 8 slices Swiss Cheese for chicken cordon bleu
- 16 ounces cottage cheese
- eggs (optional)
- butter for garlic bread
- parmesan