

A Mind Full MOM

SUNDAY

Marry Me Chicken

or Instant Pot Marry Me Chicken

Orzo Rice

Tossed Spinach Salad with Balsamic

MONDAY

Instant Pot Lasagna Soup

or Stovetop Lasagna Soup

Leftover Salad

TUESDAY

Turkey Taco Skillet

WEDNESDAY

Leftover Marry Me Chicken
served over leftover Orzo Rice + Frozen Veggies

THURSDAY

Baked Ravioli Lasagna

Tossed Salad with Balsamic

FRIDAY

Cajun Chicken Pasta

SATURDAY

Instant Pot Chicken Gnocchi Soup
slow cooker instructions provided in recipe notes

Tossed Salad with Balsamic



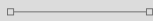
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BREAKFAST IDEAS

Spinach Frittata

French Toast

Baked Oatmeal Cups



LUNCH IDEAS

Cheese Quesadillas

Leftover Soups



SNACK IDEAS

Homemade Larabars

Cherry Smoothie

Whole Wheat Pumpkin Muffins

GROCERY LIST



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MEAL PLAN NOTES

- **Sunday:** Make extra Marry Me Chicken and a double batch of orzo so Wednesday's dinner is nearly finished before the week even starts. Make a large batch of balsamic vinaigrette too. It keeps well and can handle both Sunday and Friday's salads.
- **Monday:** Use just half a pound of ground sausage for the soup, saving the rest for Thursday night. I promise your meals will still be plenty hearty.
- **Tuesday:** Ground turkey keeps this skillet quick and affordable, but use ground beef or chicken if either is on sale.
- **Wednesday:** Reheat the leftover Marry Me Chicken gently with a splash of broth or cream so the sauce loosens back up. Serve it with the extra orzo from Sunday and a frozen vegetable.
- **Thursday:** Lentils are one of my favorite ways to stretch the grocery budget. Serve with your favorite bread.
- **Friday:** Buy a larger package of chicken early in the week and divide it between Sunday's Marry Me Chicken and tonight's Cajun Chicken Pasta if the price is better per pound. Freeze Friday's portion if you are worried about keeping it fresh all week.
- **Saturday:** Use the same heavy cream from Sunday's Marry Me Chicken to finish the Chicken Gnocchi Soup. If you have leftover spinach, toss that in too. No need to buy half-and-half just for one recipe. *No Instant Pot? Follow my crockpot instructions below:*
- **Slow Cooker Instructions:** Combine chicken, broth, carrots, and seasonings together in the base of a crockpot and cook on LOW for 6 to 8 hours (or on HIGH for 3-4 hours). Remove the chicken to a cutting board and shred. Turn the slow cooker to high. Add the chicken and gnocchi to the slow cooker, along with the cream, mixed with cornstarch. Cook on high for 20-30 minutes or until the soup has thickened and the gnocchi is tender. Stir spinach in for the last 5-10 mins of cooking if using.

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MEATS/PROTEINS

- 1 lb ground turkey
- 1 lb ground Italian sausage
- 3-4 lbs chicken breasts

PRODUCE

- 2 small zucchini
- 3 yellow onions
- 2 red peppers
- 1 jalapeno
- 1 lb carrots
- fresh thyme
- 2 lbs fresh green beans
- 1 pint cherry/grape tomatoes
- 1 lime
- 1 lemon
- huge container of spinach for Lasagna Soup, Marry Me chicken, Gnocchi Soup, and salad (or romaine for salad if desired)
- fixings for salad (cucumbers, tomatoes, etc. to add to spinach)

DRY GOODS/STAPLES

- 2 jars Marinara/Spaghetti Sauce
- 3 (32 oz) cartons chicken stock
- minced garlic
- 16 oz rotini noodles
- red wine (optional)
- taco seasoning--homemade blend
- lasagna noodles
- 7 oz oil packed Sun-Dried tomatoes
- orzo
- white rice
- 16-oz package potato gnocchi
- 15 oz fire-roasted diced tomatoes

DAIRY/REFRIGERATED GOODS

- 24 oz cheese ravioli (frozen or fresh)
- 16 oz Mozzarella cheese
- 8 oz cheddar cheese for taco skillet
- Parmesan cheese
- 1 pint heavy cream
- 4 oz cream cheese