

A Mind Full MOM

SUNDAY

Homemade Rotisserie Chicken

Oven Roasted Potatoes and Carrots

MONDAY

Chicken Enchilada Casserole

TUESDAY

Instant Pot Minestrone

WEDNESDAY

Chicken and Green Beans

served over Instant Pot White Rice

THURSDAY

Easy Bean Burritos

with Fresh Fruit

FRIDAY

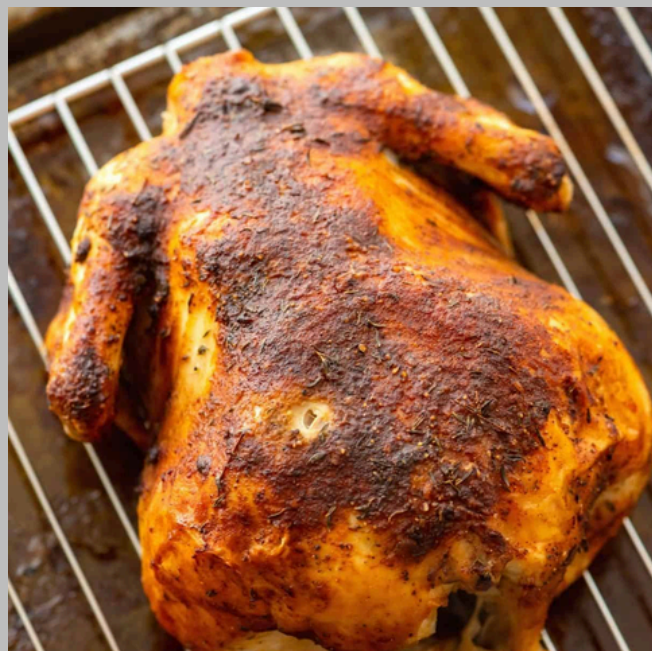
Skillet Pork Tenderloin with Cabbage

with Leftover Roasted Potatoes or Buttered Noodles

SATURDAY

Instant Pot Beef Stew

or Crockpot Beef Stew



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BREAKFAST IDEAS

Baked Apple Oatmeal

Instant Pot Egg Bites

Sweet Potato Pancakes

LUNCH IDEAS

Leftover Minestrone Soup and Burritos

Chicken Waldorf Salad

Pizza Grilled Cheese

SNACK IDEAS

Whole Wheat Pumpkin Muffins

Homemade Granola Bars

Snickerdoodles

GROCERY LIST



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MEAL PLAN NOTES

- **Sunday:** Roast a chicken large enough to enjoy for dinner and still have 3 cups of cooked chicken for Monday's casserole. Depending on your family's appetite, you may want to roast two chickens or purchase an additional rotisserie chicken. While the oven is on, make extra roasted potatoes for Friday.
- **Monday:** Save time with store-bought enchilada sauce. Buy a larger package of tortillas and use the remaining tortillas for Thursday's bean burritos.
- **Tuesday:** Feel free to replace the spinach with 2 cups of diced cabbage (add before pressure cooking) since you are using cabbage later this week. Otherwise, use spinach and enjoy the leftovers in eggs or salad throughout the week.
- **Wednesday:** Prep extra rice to make assembling tomorrow night's burritos that much easier.
- **Thursday:** Make extra burritos for lunches or to freeze for another busy day.
- **Friday:** A single head of cabbage usually provides more than the recipe requires, so unless you used some for the minestrone earlier in the week, slice it for salads OR freeze the remainder to add to soups as desired.
- **Saturday:** Use the remaining potatoes, carrots, onions, and garlic. Yukon gold or red potatoes work well, so there's no need to purchase another variety. You can skip the red wine and use additional beef broth, and leftovers freeze beautifully for a future meal.

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MEATS/PROTEINS

- 1 large whole chicken
- 1 pound boneless, skinless chicken breasts or thighs
- 1 pork tenderloin (about 1 pound)
- 1 pound beef stew meat or chuck roast

DRY GOODS/STAPLES

- ½ cup dry elbow macaroni
- Rice, enough for 2 cups cooked in burritos plus Thursday's side
- Egg noodles, optional Friday alternative
- 1 carton (32 ounces) vegetable broth
- 16-ounce can chicken stock
- 1 carton (32 ounces) beef broth
- ⅔ cup apple cider or apple juice
- Worcestershire sauce
- Prepared horseradish
- Dry red wine, optional (1 cup total for soup and stew)
- 2¼ cups enchilada sauce
- 2 (4-ounce) cans mild diced green chiles
- 1 (15-ounce) can kidney beans
- 1 (15-ounce) can white beans
- 1 (16-ounce) can refried pinto beans
- 1 cup marinara sauce
- 1 small can crushed tomatoes (8 ounces needed for beef stew)
- ½ cup salsa
- 1 cup pumpkin puree, optional for burrito

DAIRY/REFRIGERATED GOODS

- 8 ounces cream cheese
- 2 cups shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese, optional for burritos
- Parmesan cheese, optional

GRAINS/BREADS

- 1 package medium tortillas (14–16 total; use compatible sizes for casserole and burritos)

PRODUCE

- 5 pounds red or Yukon gold potatoes
- 3 pounds carrots
- 3–4 yellow onions
- 1 head garlic
- 2 celery stalks
- 1 medium zucchini
- 1 pound fresh green beans
- 1 pint cherry or grape tomatoes
- 1 small head cabbage (2 cups sliced needed)
- 1 medium lemon
- 1 bag baby spinach (2 cups needed)
- Fresh fruit for Wednesday's dinner