

# 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



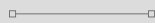
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## BREAKFAST IDEAS

Pumpkin Oatmeal

Egg Cups

Cottage Cheese Pancakes



## LUNCH IDEAS

Leftover Soup, Pasta, and Chili

Veggie Wraps

Ham and Cheese Sandwiches



## SNACK IDEAS

Pumpkin Cake

Homemade Larabars

Cinnamon Sugar Baked Donuts

## GROCERY LIST



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## MEAL PLAN NOTES

- **Sunday:** Make extra Italian salad and garlic toast to serve alongside Monday's Broccoli Cheese Soup. If you have leftover cottage cheese from the Baked Rotini, save it for the Cottage Cheese Pancakes suggested for breakfast.
- **Monday:** Serve the soup with leftover salad and garlic toast and save some broccoli for later in the week.
- **Tuesday:** Make extra Cilantro Lime Rice tonight to serve with leftover Chicken Chili on Friday. For an easy stovetop version, prepare 2 cups of rice according to package directions, then stir in the zest and juice of 1 lime,  $\frac{1}{4}$  cup minced cilantro, and salt to taste.
- **Wednesday:** Make a double batch of Chicken Chili using either the Instant Pot or slow cooker. Enjoy it tonight, then refrigerate enough for Friday's dinner. Buying a larger package of chicken breasts may save money, especially since you'll also need chicken for Thursday's Chicken Cordon Bleu.
- **Thursday:** Purchase sliced ham and Swiss cheese from the deli for Chicken Cordon Bleu so you can buy just what you need. Or buy a little extra to use in the Egg Cups and ham and cheese sandwiches suggested for breakfast and lunch. Use the remaining broccoli from Monday to make Baked Broccoli.
- **Friday:** Dinner is already taken care of! Reheat Wednesday's Chicken Chili and Tuesday's leftover rice for easy chili and rice bowls. Add any leftover taco toppings from Tuesday, such as shredded cheese, salsa, or avocado, to make each bowl your own.
- **Saturday:** Stuffed Pepper Casserole is a great way to finish the week using inexpensive pantry staples. Any leftover casserole makes an easy lunch for the next day.

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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