

minimalist mom's

CAPSULE PANTRY

SUCCESS KIT

Meal plan LESS often!



Hi there! I'm Elisa, the organization-aholic behind Meal Planning Blueprints.

I'm a mom too. I have two boys that are ~~the cause of my gray hair~~ my world. One that's in college who is hilarious, easy-going, a homebody, and a picky eater. And one that's in kindergarten who runs everywhere, disagrees with everything, and eats anything. I just might have my hands full!
I'm passionate about:

Helping Moms. I'm a single mom and whether you are too or not, being a mom is both frustrating and glorious at the same time. One second you're screaming and the next you're crying.

Family Dinner. Sometimes I love to cook and sometimes I love ordering pizza. But it's not only about the food. I sooooo want to create this sacred time of the day where my family can leave all the frustrations at the {kitchen} door and we can all have this cherished time together.

Efficiency. If there's a simpler way, I will find it! That's why I love meal planning so much - it's the quickest, easiest way to create that family dinner we all crave so much.

I want to help you make dinner **fun**. So often for us moms, feeding our family is a huge source of stress whether it's the grocery budget or actually getting food on the table (and your kids to eat) without an argument. **Let's change that!**

Elisa



Mix + Match MENU

MENU

MONDAY: Santa Fe Double Chicken
TUESDAY: Crispy Lemon Chicken & Veggies
WEDNESDAY: Cilantro Lime Chicken w/ Rice & Broccoli
THURSDAY: Cajun Chicken Alfredo
FRIDAY: Broccoli Cheddar Stuffed Potatoes

GROCERY LIST

PRODUCE

- 7 russet potatoes
- 1 bell pepper
- 1 lb green beans
- 2 heads broccoli
- 1 yellow onion
- 1 head garlic
- lemon
- lime
- avocado (optional)
- fresh cilantro

GROCERY

- 2 cartons chicken broth (1 if not making Santa Fe Double Chicken into soup)
- 1 can diced tomatoes with green chiles
- 1 can black beans
- tortilla strips or chips (opt)
- box of pasta
- pkg fajita seasoning
- breadcrumbs

MEAT

- 7 lbs boneless skinless chicken breasts

COLD

- 8 oz parmesan
- qt. heavy cream
- shredded cheddar cheese
- sour cream (opt)
- butter
- 12 oz frozen corn

SPICES YOU MAY HAVE

- chives
- dill weed
- chili powder
- cumin
- garlic powder
- onion powder
- paprika
- crushed red pepper

TIPS

- ✓ Bake the potatoes for the Stuffed Potatoes while you're making the Crispy Lemon Chicken. Keep them in the foil and refrigerate.
- ✓ The Santa Fe Chicken can be made as filling the first night then heat it up with another carton of chicken broth to make it into soup.

SANTA FE DOUBLE CHICKEN

I nicknamed this “double” chicken because you can use it either as shredded chicken or make it into a soup. Either way it's delicious!

1 1/2 lbs boneless skinless chicken breasts
1 can diced tomatoes with green chiles
1/2 yellow onion, chopped
4 cloves garlic, pressed
Chicken broth:
(soup) 6 cups (1 carton + 1 can)
(shredded chicken) 2 cups (1 can)

1 T lime juice
1 tsp garlic powder
1 tsp onion powder
1/2 tsp chili powder
1/2 tsp ground cumin
1 can black beans, drained and rinsed
1 1/2 c frozen corn
1/4 c fresh cilantro, chopped
toppings: tortillas, shredded cheddar jack cheese, tortilla chips, sour cream, avocado, tomato

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- ✓ Add chicken, tomatoes, onions, garlic, broth, lime juice and spices into 6-qt slow cooker. Cook on low 4-6 hours.
 - ✓ Remove chicken and shred, then return to slow cooker with beans, corn, and fresh cilantro. Cook another 30 minutes until heated through.
 - ✓ Serve as soup, on tortillas, or over rice with your choice of toppings.

Mix + Match MENU

CRISPY LEMON CHICKEN AND VEGGIES

4 boneless skinless chicken breasts (about 2 lbs)
1 lemon, juiced (about 1/4 c)
2 garlic cloves, pressed, divided
2 T olive oil
1/2 c breadcrumbs
1/3 c grated parmesan cheese
3 russet potatoes, cut into 1" pieces
1 lb green beans, trimmed and cut in half
1/2 c butter, melted

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- ✓ Preheat oven to 400°F
 - ✓ Pound the chicken breasts 'til 1/2" thick, sprinkle with salt + pepper. Add to gallon sized plastic bag with lemon juice, 1 garlic clove, and olive oil. Refrigerate + marinate 30 mins.
 - ✓ Combine breadcrumbs and parmesan cheese in a bowl. Dip the chicken in the mixture, pressing to coat.
 - ✓ Place chicken on baking sheet and lightly spray with cooking oil (optional).
 - ✓ Arrange potatoes around chicken in a single layer. Mix the melted butter and other pressed garlic clove and pour over potatoes, tossing to coat.
 - ✓ Bake 15 minutes.
 - ✓ Flip chicken, moving potatoes to one side. Add green beans and pour rest of butter mixture over them.
 - ✓ Return pan to oven, turning up to broil, cook 10 minutes.

CREAMY CILANTRO LIME CHICKEN w/RICE + BROCCOLI

Make some rice ahead of time (or buy pre-made) to make this a super quick meal!

2 lbs boneless skinless chicken breasts
1 c chicken broth
1 T lime juice
1/2 yellow onion, chopped
1 T cilantro, cilantro
1/4 tsp crushed red pepper
1/4 c heavy cream (room temperature)
2 T butter

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- ✓ Pound the chicken breasts so they're all about 1/2" thick, sprinkle with salt + pepper.
 - ✓ In a large skillet, heat 2 T oil over med-high heat and brown the chicken breasts - about 3 minutes on each side. Remove to a plate, cover loosely with foil to keep warm.
 - ✓ Add onion to pan, cook until translucent, about 4 minutes. Add broth, lime juice, cilantro, and crushed red pepper. Bring to a boil while scraping up the browned bits.
 - ✓ Reduce heat to low, add cream and butter.
 - ✓ Add the chicken back to the pan and cook (don't boil) for 5 minutes until all heated through.

CAJUN CHICKEN ALFREDO

8 oz pasta
1 lb boneless chicken breasts, cubed
1 bell pepper, sliced
1/2 onion, sliced
1 pkg fajita seasoning
2 c heavy cream (room temperature)
1/2 c grated parmesan cheese

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- ✓ Start and cook pasta, set aside.
 - ✓ Put the chicken and vegetables into a gallon sized bag with fajita seasoning and shake to coat.
 - ✓ Heat oil in a large skillet over med-high heat. Add chicken and veggie mix and cook for 6-8 minutes until chicken is almost cooked through.
 - ✓ Add cream, bring to a simmer and cook 3-4 more minutes until chicken is cooked all the way through.
 - ✓ Add parmesan and pasta and toss.

BROCCOLI CHEDDAR STUFFED POTATOES

Bake the potatoes ahead of time save time on cooking night!

4 russet potatoes, scrubbed clean
3 T butter, room temp
3 T heavy cream
3/4 tsp chives
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp dried dill weed
1/2 tsp paprika
1 1/2 c cooked broccoli
1 c cheddar cheese, reserve 1/4 cup

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- ✓ Preheat oven to 400°F and line small baking sheet with parchment.
 - ✓ Wrap potatoes in foil and bake 45-60 minutes until soft.
 - ✓ Slice each potato in half, lengthwise, and scoop out the pulp into a large bowl, being careful to leave 1/4" of the potato in the skin. Rub the outsides of the skin with oil and place on prepared baking sheet.
 - ✓ Add butter and cream to potato pulp and mash.
 - ✓ Add remaining ingredients, reserving 1/4 c cheddar, and fill the potato shells. Top with cheese and bake 20-25 minutes.

capsule pantry

CHECKLIST

SPRING SUMMER FALL WINTER

PRE-PLAN

USE THE INVENTORY PLANNER FROM THE [CAPSULE PANTRY PLANNER PACK](#)

INVENTORY PANTRY

INVENTORY FREEZER

INVENTORY REFRIGERATOR

PLAN

USE THE WORKSHEETS FROM THE [CAPSULE PANTRY PLANNER PACK](#)

GATHER MEAL IDEAS

WRITE + TALLY INGREDIENTS

EDIT INGREDIENTS THAT DON'T REPEAT

ADD ACCESSORIES

FINAL INGREDIENT LIST

CREATE MASTER

USE THE MASTER PLANNER FROM THE [CAPSULE PANTRY PLANNER PACK](#)

THEME NIGHTS

5 WEEKS x 7 DAYS = 35 MEALS

FINAL MASTER PLAN

IMPLEMENT

USE THE MEAL PLANNERS INCLUDED IN THE [MEAL PLANNER PACK](#)

COPY RECIPES FROM MASTER TO YOUR MEAL PLAN

SAVE A PICTURE TO YOUR SMART PHONE

MAKE GROCERY LISTS: MASTER, WEEKLY/BI-WEEKLY

