

A Mind "Full" MOM

REAL FOOD. REAL FAMILY. REAL BUDGET

Meal Planner

SUNDAY

Homemade Sloppy Joes
Oven Baked Fries
or Air Fryer Fries

MONDAY

Instant Pot Fettucine Alfredo
or Stovetop Light Fettucine
Caesar Salad

TUESDAY

Tacos
Homemade Refried Beans
Pina Colada Smoothies

WEDNESDAY

Leftover Sloppy Joes on Baked Potatoes

Fruit Salad

THURSDAY

Sheet Pan Pancakes
Oven Baked Bacon
Honey Lime Fruit Salad

FRIDAY

Taco Pizza
Pina Colada Smoothies

SATURDAY

Crispy Oven Baked Chicken Strips
Oven Baked Fries
or Air Fryer Fries

