

A Mind "Full" MOM

REAL FOOD. REAL FAMILY. REAL BUDGET

SUNDAY

Instant Pot Ribs

Instant Pot Potato Salad

or Bacon Ranch Potato Salad

MONDAY

Baked Italian Vegetables

Tossed Salad with Ranch

TUESDAY

Veggie Fajitas

Instant Pot Cilantro Lime Rice

WEDNESDAY

Balsamic Pork Tenderloin

Leftover Cilantro Lime Rice

THURSDAY

Grilled Pork Tenderloin

Leftover Rice

FRIDAY

Pizza

Tossed Salad with Ranch

SATURDAY

Salmon Sheet Pan Dinner

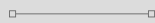


BREAKFAST IDEAS

Dutch Oven Pancake

Overnight Oatmeal

Homemade Egg McMuffins

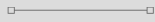


LUNCH IDEAS

Turkey Wraps

Sweet Potato Burritos

Chickpea Salad



SNACK IDEAS

Homemade No Churn Ice Cream

Peach Crisp

Zucchini Bread

GROCERY LIST



MEAL PLAN NOTES

- This week there are 2 recipes using pork tenderloin. If you have a large family, you will want to prepare 2 tenderloins each night and purchase a total of 4, or 2 packs of pork tenderloin. For a family of 4 average size eaters, 1 pack is enough.
- The Italian Vegetable Bake is super hearty and makes a great meatless meal. Make a large tray and use leftovers to serve with the Balsamic Pork.
- Use red or russet potatoes to make potato salad, vegetable bake, and use for Salmon meal.
- Make a double batch of cilantro-lime rice to serve with fajitas and grilled pork.
- Use peppers and onions for the veggie fajitas, kabobs, pineapple salsa, vegetable bake, and a side salad.
- Use leftover bacon, tortillas, and sweet potatoes for lunches.

MEATS/PROTIENS

- 4 salmon fillets
- 1 rack of ribs
- 1 package (2 per pack) pork tenderloin

GRAINS/BREADS

- pizza dough or homemade dough
- tortillas for fajitas

PRODUCE

- 1-2 pounds sweet potatoes
- 5 pounds russet/red potatoes
- 2-3 hearts of romaine for a side salad
- ingredients for the salad, such as cucumbers, tomatoes, carrots, etc
- 5-6 bell peppers
- 3 sweet onions
- 2-3 small zucchini and/or yellow squash
- avocado for topping fajitas
- 3-4 limes
- 1 bunch of cilantro
- celery for potato salad
- 1 fresh pineapple
- 1 mango, optional for salsa
- 4 large vine-ripened tomatoes, or spaghetti sauce for Baked Vegetables

DRY GOODS/STAPLES

- Barbecue Sauce
- pizza sauce
- 28 ounces crushed tomatoes
- 6 ounces tomato paste
- Dry Onion Soup Mix
- Jerk Seasoning
- Fajita Seasoning
- brown or white rice
- balsamic vinegar
- honey
- garlic
- red wine vinegar
- ranch dressing

DAIRY/REFRIGERATED GOODS

- 8 ounces Mozzarella for pizza
- 8 ounces cottage cheese
- Parmesan cheese
- eggs
- mayo for potato salad