

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 Fettuccine
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



BREAKFAST IDEAS

Potato Frittata

Leftover Sheet Pan Pancakes

Overnight Oats

LUNCH IDEAS

Bean Burritos

English Muffin Pizzas

Avocado Chickpea Salad

SNACK IDEAS

Strawberry Bars

Oatmeal Raisin Balls

Peanut Butter Banana Sushi

GROCERY LIST





MEAL PLAN NOTES

- On Sunday, the recipe for sloppy joes makes enough for 8 large sandwiches. Reserve half to serve on top of baked potatoes on Wednesday night.
- Serve a Caesar Salad or tossed salad with the Fettuccine and then use leftover romaine lettuce to serve with tacos and taco pizza.
- Prepare extra taco meat and refried beans on Tuesday night and use the leftovers to make Taco Pizza on Friday night and bean burritos for lunches.
- Serve any leftover pancakes for breakfast.
- Use any leftover bacon to make a potato frittata.
- Prepare a fruit salad with your favorite fruits to use for Wednesday and Thursday night's meals.



MEATS/PROTEINS

- 4 pounds ground beef, turkey, or chicken
- 1-2 pounds chicken tenders
- 1 package bacon

GRAINS/BREADS

- pizza dough or [ingredients for pizza dough](#)
- tortillas or taco shells

DRY GOODS/STAPLES

- canned coconut milk for smoothie
- canned pineapple or pineapple juice for smoothies
- flour, baking powder, etc
- 2 (16 oz) cans tomato sauce
- 2 cups dried pinto beans
- 32 ounces vegetable or chicken broth
- 16 ounces fettuccine noodles
- panko bread crumbs
- [taco seasoning](#)
- 16 ounces pinto beans (optional for Sloppy Joes)
- garlic
- honey
- red wine vinegar
- croutons
- [Caesar Dressing](#)
- Worcestershire sauce

PRODUCE

- 1 large package of romaine hearts
- toppings for tacos and taco pizza: lettuce, tomatoes, avocado, onions, etc
- 2 onions--for sloppy joes and refried beans
- 2 jalapeno
- 2-3 limes
- for fruit salad: berries, grapes, melon, kiwi, etc
- 5 pounds russet potatoes
- 1 bunch cilantro
- 2-3 bananas for smoothies

DAIRY/REFRIGERATED GOODS

- shredded cheddar cheese for tacos and taco pizza
- sliced cheddar for sloppy joes
- orange juice for smoothies
- milk
- eggs