

Meal Planner

SUNDAY

<u>Homemade Sloppy Joes</u> <u>Oven Baked Fries</u> <u>or Air Fryer Fries</u>

MONDAY

<u>Instant Pot Fettucine Alfredo</u> <u>or Stovetop Light Fettuccine</u> <u>Caesar Salad</u>

TUESDAY

<u>Tacos</u> <u>Homemade Refried Beans</u>

<u>Pina Colada Smoothies</u>

WEDNESDAY

<u>Leftover Sloppy Joes on Baked Potatoes</u>

<u>Fruit Salad</u>

THURSDAY

<u>Sheet Pan Pancakes</u>

<u>Oven Baked Bacon</u>

<u>Honey Lime Fruit Salad</u>

FRIDAY

<u>Taco Pizza</u>

<u>Pina Colada Smoothies</u>

SATURDAY

Crispy Oven Baked Chicken Strips

<u>Oven Baked Fries</u> or Air Fryer Fries



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BREAKFAST IDEAS

Potato Frittata

Leftover Sheet Pan Pancakes

Overnight Oats

LUNCH IDEAS

<u>Bean Burritos</u>

<u>English Muffin Pizzas</u>

Avocado Chickpea Salad

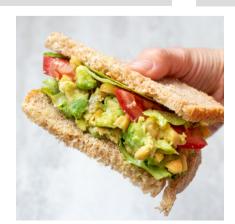
SNACK IDEAS

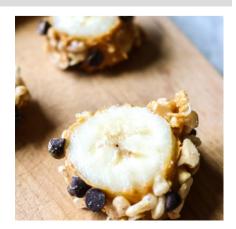
Strawberry Bars

<u>Oatmeal Raisin Balls</u>

Peanut Butter Banana Sushi







GROCERY LIST

Week Two copyright A Mind "Full" Mom



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/PROTIENS

- 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