

# A Mind "Full" MOM

REAL FOOD. REAL FAMILY. REAL BUDGET

## SUNDAY

Oven Roasted Meatballs

Spaghetti with Marinara Sauce

Greek Salad

## MONDAY

Baked Eggplant Parmesan

or Air Fryer Eggplant Parmesan

Greek Salad

## TUESDAY

Turkey Taco Skillet

Pina Colada Smoothies

## WEDNESDAY

Meatball Subs

Zucchini Fries

## THURSDAY

Ratatouille

Italian Bread

## FRIDAY

Tomato Pizza

leftover salad or veggies

## SATURDAY

Grilled Hamburgers

Grilled Vegetable Kabobs

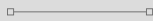


## BREAKFAST IDEAS

*\*Chocolate Chip Pancakes*

*\*Instant Pot Oatmeal*

*\*Ham & Egg Breakfast Sandwiches*

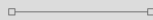


## LUNCH IDEAS

*\*Mediterranean Chickpea Salad*

*\*Air Fryer French Bread Pizza*

*\*Bruschetta*



## SNACK IDEAS

*\*Peanut Butter Rice Krispie Treats*

*\*Homemade Granola Bars*

*\*Fudgesicles*

## GROCERY LIST

Blank lines for writing a grocery list.



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## MEAL PLAN NOTES

- This week uses a lot of summer produce like zucchini, peppers, eggplant, and tomatoes. Whether homegrown, purchased at the farmer's market, or grocery store, everything should be relatively easy to find in season and hopefully on sale (or free from your garden.)
- On Sunday, save half the meatballs and 3 cups of the spaghetti sauce. Use the leftover sauce for Eggplant Parmesan and the meatballs for meatballs subs later in the week.
- Make a large Greek salad on Sunday (or tossed salad of your choice) and serve throughout the week as desired.
- For the zucchini fries, there are directions on the post for using the oven or air fryer.
- Serve bread with the Ratatouille. You can use leftover sub buns toasted or prepare or purchase Italian bread. If you have leftover Italian bread, use it to make Air Fryer Pizzas for lunches.
- Friday's pizza is one of my favorites--be sure to enjoy it while the tomatoes are fresh!
- On Saturday, use any leftover vegetables to make veggie kabobs. Leftover eggplant, peppers, zucchini, squash, onions, etc.
- Use Kalamata olives for both for Greek salad and Ratatouille. Any leftovers, use them to make chickpea salad for lunches.
- Use mozzarella for pizza and eggplant parm. Feel free to replace the provolone with fresh mozzarella if you have enough for the subs.

## KEY ITEMS FOR GROCERY LIST

### Proteins

- 24 oz ground chuck
- 2 lbs lean ground beef
- 1 lb ground turkey (or use additional ground beef)

### Dairy/Eggs

- Parmesan for meatballs & eggplant parmesan
- Sliced provolone for subs--or use mozzarella
- Fresh mozzarella for pizza and eggplant parm
- Cheddar for burgers and taco skillet
- eggs
- feta for salad if desired

### Dry Goods

- Panko bread crumbs
- 8 oz beef stock
- spaghetti sauce--or ingredients for homemade
- spaghetti noodles
- olive oil
- taco seasoning
- jarred salsa
- balsamic vinegar
- Green olives

### Breads

- sub or hotdog buns
- hamburger buns
- pizza dough or ingredients for homemade pizza
- Italian bread or flour and yeast to make Italian bread

### Produce

- 2 small eggplant
- 4 bell peppers
- 4-6 small zucchini
- 6-8 vine-ripened tomatoes (for ratatouille, topping burgers, and making pizza)
- lettuce for Greek salad and burgers (use romaine to work for both)
- 2-3 onions