

A Mind "Full" MOM

REAL FOOD. REAL FAMILY. REAL BUDGET

SUNDAY

Balsamic Pork Tenderloin

Baked Italian Vegetables

MONDAY

Caprese Pasta Salad

Fresh Pineapple

TUESDAY

Veggie Enchiladas

Instant Pot Cilantro Lime Rice

WEDNESDAY

Grilled Pork Tenderloin

Leftover Cilantro Lime Rice

THURSDAY

Pesto Chicken

Roasted Red Potatoes

FRIDAY

Pesto Pizza

Side Salad with Balsamic Dressing (optional)

SATURDAY

BLTs

Bacon Ranch Potato Salad

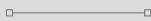


BREAKFAST IDEAS

[Blender Banana Pancakes](#)

[Instant Pot Egg Bites](#)

[Potato Frittata](#)



LUNCH IDEAS

[Egg Salad](#)

[Cheese Quesadilla](#)

[Butterfly Lunch Bags for Kids](#)



SNACK IDEAS

[Strawberry Smoothie](#)

[Drumstick Ice Cream Cones](#)

[No Churn Ice Cream](#)

GROCERY LIST

Blank lines for writing a 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.
- I find that the Caprese Salad is substantial enough to stand as a meal, especially paired with a side of fresh fruit. However, feel free to grill up some chicken breasts or chicken sausage (sundried tomato flavored is delicious!) and add to the pasta salad.
- Make extra rice on Tuesday to serve with the grilled pork tenderloin.
- Use basil to make pesto for pesto chicken, pesto pizza, and for caprese pasta salad.
- Use vine-ripened tomatoes for BLTs, and grape or cherry tomatoes for caprese pasta salad, pesto chicken, & pesto pizza (or dice and deseed garden tomatoes if you have a lot on hand.)
- Use red potatoes roasted veggies, potato salad, and roasted red potatoes. Add leftover roasted potatoes to a potato frittata.
- Bake bacon and use it to prepare BLTs and Bacon Ranch Potato Salad. Add leftover bacon to potato frittata if desired.
- If you have leftover pesto chicken, dice and add to pizza, but it is not necessary.
- Feel free to use fresh mozzarella for pesto chicken and pesto pizza OR shredded for caprese pasta salad.

MEATS/PROTEINS

- 1 pound chicken breast
- 1 package (2 per pack) of pork tenderloin
- 1 pound bacon

GRAINS/BREADS

- tortillas for enchiladas
- white or brown rice
- homemade pizza dough

PRODUCE

- 5 pounds of red potatoes
- 3 red bell peppers (for vegetable bake, enchiladas, and pineapple salsa)
- 2 red onions (for enchiladas, veggie bake and pineapple salsa for pork tenderloin)
- 2-4 small zucchini and/or yellow squash--for enchiladas, vegetable bake
- 2 vine-ripened tomatoes for BLTs
- 2 pints cherry/grape tomatoes
- 3-4 limes
- 1 bunch of cilantro
- 2 fresh pineapple
- toppings for enchiladas if desired
- fresh basil
- chives for potato salad

DRY GOODS/STAPLES

- Enchilada Sauce
- pesto (or homemade pesto)
- pine nuts to make pesto
- balsamic vinegar
- olive oil
- garlic
- corkscrew pasta
- ranch seasoning
- honey

DAIRY/REFRIGERATED GOODS

- 1/2 pound fresh mozzarella cheese
- 12 ounces shredded mozzarella
- parmesan cheese
- sour cream + mayo (for potato salad)
- shredded cheddar