

# A Mind Full MOM

## SUNDAY

Bacon-Wrapped Pork Tenderloin

Hasselback Sweet Potatoes

Roasted Brussels Sprouts

## MONDAY

Tuscan Pasta

Spinach Salad with Bacon Dressing

## TUESDAY

Sweet Potato Tacos

Homemade Guacamole with Chips

## WEDNESDAY

Balsamic Pork Tenderloin

Shaved Brussels Sprouts Salad

## THURSDAY

Baked Chicken Strips

Sweet Potato Fries

## FRIDAY

Pizza Bread

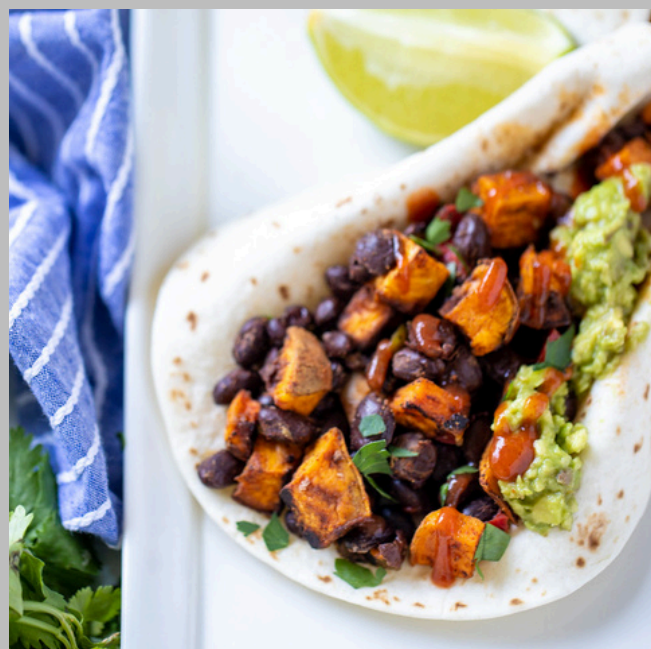
Fresh Fruit

## SATURDAY

Homemade Lasagna

or Instant Pot Lasagna

salad with leftover greens from week



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## BREAKFAST IDEAS

Baked Cinnamon Donuts

Baked Sweet Potato Oatmeal

Homemade Egg McMuffins

## LUNCH IDEAS

Turkey Wraps

Sweet Potato Burritos

Egg Salad

## SNACK IDEAS

Baked Apples

Applesauce Muffins

Homemade Granola

## GROCERY LIST

Blank lines for writing a grocery list.



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## 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.
- This week also uses a lot of sweet potatoes. Use any leftover sweet potato taco mixture for sweet potato burritos for lunches. And add sweet potatoes to oatmeal for a delicious breakfast perfect for fall.
- Use bacon for the bacon-wrapped pork tenderloin and the spinach salad. Any leftover bacon can be used for the turkey club wraps.
- Prepare hard-boiled eggs to make egg salad for lunches and to use for spinach bacon salad.
- On Saturday, use any leftover greens to make a salad or steam frozen veggie to round out dinner.

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## MEATS/PROTEINS

- 1 pound chicken tenders
- 1 pound ground beef/sausage for lasagna
- 1 package (2 per pack) pork tenderloin
- 12 ounces bacon (or 2 packages if desired)

## GRAINS/BREADS

- pizza dough or homemade dough
- tortillas for tacos and burritos/wraps for lunches

## PRODUCE

- 5 pounds sweet potatoes
- 2-3 apples
- 1-2 bags baby spinach
- 1-pint grape tomatoes
- 2 yellow onions
- 1-2 bell peppers
- 2 pounds fresh Brussels sprouts
- 2-3 avocados for tacos and guac
- 3-4 Roma tomatoes for guac
- 2 limes
- 3 lemons
- fresh fruit

## DRY GOODS/STAPLES

- pizza sauce
- 16 ounces spaghetti noodles
- lasagna noodles
- 16 ounces white beans
- taco seasoning
- apple juice or apple cider
- maple syrup
- garlic
- walnuts for Hasselback potatoes
- panko bread crumbs
- dry white wine (optional)
- vegetable broth

## DAIRY/REFRIGERATED GOODS

- 16-24 ounces Mozzarella for pizza
- 8 ounces cottage cheese
- Parmesan cheese
- eggs