

A Mind Full MOM

SUNDAY

Instant Pot Beef Stew

Or Crockpot Beef Stew

Dutch Oven Bread

MONDAY

Baked Potato Soup

or Instant Pot Baked Potato Soup

Side Salad with Ranch

TUESDAY

Leftover Stew

Dutch Oven Bread

WEDNESDAY

Buffalo Chicken Bake

Side Salad with Ranch

THURSDAY

Chicken Orzo Soup

or Instant Pot Chicken Orzo Soup

BLT Salad

FRIDAY

Spinach Pizza

Leftover Salad

SATURDAY

Stuffed Shells

Leftover Salad



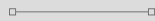
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BREAKFAST IDEAS

**Instant Pot Egg Bites*

**Chocolate Chip Pancakes*

**Breakfast Sliders*

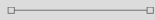


LUNCH IDEAS

**Egg Salad*

**Leftover Soup*

**Air Fryer Mini Pizzas*



SNACK IDEAS

**Buckeye Candies*

**Pumpkin Banana Muffins*

**Mulled Apple Cider*

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- If you think ahead, prepare the dough for Dutch Oven Bread Saturday night. Otherwise, prep later in the week or purchase some baguettes or French Bread to serve with soups and stews. This week is all about hearty soups and salad. You will use a lot of broth, celery, onions, carrots, and fresh ingredients for salads.
- Make enough stew on Sunday to enjoy leftovers later in the week. Serving with bread and salad typically stretches one batch far enough to serve a family of 4 twice (but that is dependant on your appetites!)
- Make a LARGE batch of ranch dressing and serve it with a tossed salad throughout the week and on top of Buffalo Chicken bake. Change things up towards the end of the week by using the leftover bacon from the Buffalo Chicken Bake to make a tasty BLT salad.
- Feel free to use russet potatoes for both soup and stew, rather than purchasing Yukon gold potatoes just for stew. They will be softer--but still delicious.
- Use ricotta for both spinach pizza and stuffed shells.

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MEATS/PROTEINS

- 1-2 pounds stew meat
- 1 package bacon
- 2 pounds boneless, skinless chicken breasts or thighs

GRAINS/BREADS

- pizza dough/ingredients for pizza dough
- ingredients for Dutch oven bread or store-bought bread

DAIRY/REFRIGERATED GOODS

- ranch dressing or ingredients for homemade
- 32 ounces ricotta cheese
- 24 ounces Mozzarella cheese
- Parmesan cheese
- eggs
- cheddar cheese for topping potato soup and potato bake
- milk for soup
- prepared horseradish

PRODUCE

- 1 bags baby spinach
- 3-5 heads of romaine lettuce
- 1 pound carrots
- 1 bunch of celery
- 1 bag yellow onions
- 1-2 pounds Yukon gold potatoes (or additional Russets)
- 2 pounds Russet potatoes
- 1-2 cucumbers for salad
- 2-3 bell peppers for salad
- 1-2 pints cherry/grape tomatoes
- 2 lemons

DRY GOODS/STAPLES

- 1 box jumbo shells
- 24 ounces spaghetti sauce
- 6 ounces tomato paste
- 32 ounces beef stock
- 32 ounces chicken broth
- hot sauce
- vinegar
- dry white wine (optional)
- dry red wine (optional)