

A Mind Full MOM

SUNDAY

Salmon Sheet Pan Dinner

MONDAY

Instant Pot Sweet Potato Chili

or Stove/Slow Cooker Sweet Potato Chili

Homemade Cornbread

TUESDAY

Slow Cooker Pork Roast

Hasselback Sweet Potatoes

WEDNESDAY: NEW YEAR'S EVE

Bacon-Wrapped Dates

Sausage Balls

Pizza Rolls

Texas Caviar

THURSDAY: NEW YEAR'S DAY

Slow Cooker Pork & Sauerkraut

or Instant Pot Pork & Sauerkraut

Mashed Potatoes

FRIDAY

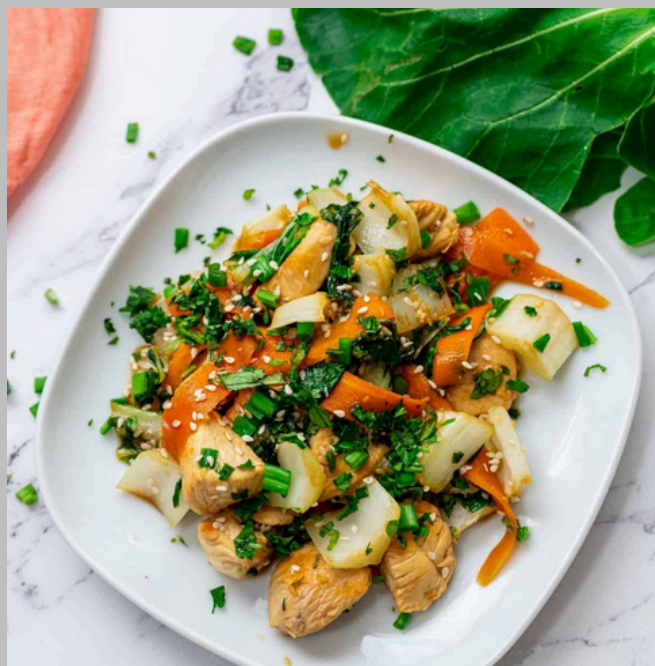
Chicken and Bok Choy Stir Fry

Instant Pot Brown Rice

SATURDAY

Vegetarian Tikka Masala

Instant Pot Brown Rice



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MEAL PLAN NOTES

- I didn't include ingredients for NYE, so be sure to add your selections to the grocery list.
- Cut your pork loin roast in half and use half for Apple Pork Roast and Half for Pork and Sauerkraut. The pork roast should be on sale this week for New Year's.
- Use sweet potatoes for Vegetarian Chili, Hasselback Sweet Potatoes, and any leftovers for breakfast—so delicious served with yogurt and granola.
- On Friday, make extra rice and serve with stir fry and Tikka Masala.
- Use leftover rice and produce to make a quick stir fry for lunch and/or add to ramen.
- Use any Yukon gold potatoes for mashed potatoes and for the sheet pan Salmon.

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MEATS/PROTEINS

- 5-6 pound pork loin roast
- 1 pound chicken breasts
- 4 salmon fillets

GRAINS/BREADS

- brown rice
- quinoa

DRY GOODS/STAPLES

- apple juice/cider for both pork roasts
- 16 ounces sauerkraut
- 2 cartons vegetable/chicken broth
- minced garlic
- 1 (15 oz) diced fire-roasted tomatoes
- 3 (15-oz cans) black beans
- 1 (15-oz can) chickpeas
- 3 (15-ounce cans) diced tomatoes
- 1 (15-oz can) kidney beans
- 20-ounces crushed tomatoes
- Dijon mustard
- soy sauce
- canned coconut milk
- pecans/walnuts + maple syrup for hasselback potatoes

PRODUCE

- 3-pound bag of onions
- 1 pound bag of carrots
- 1 head bok choy
- 5 pounds Yukon gold potatoes
- 5 pounds sweet potatoes
- 3-4 apples
- 2 lemons
- 1 head cauliflower
- frozen peas
- 2 bell peppers
- 10-16 ounces fresh green beans

DAIRY/REFRIGERATED GOODS

- Cheese for chili if desired
- sour cream, milk, and butter for mashed potatoes