

# A Mind Full MOM

## SUNDAY

Chicken Marsala

Mashed Red Potatoes

Green Beans Almondine

## MONDAY

One Pot Mac and Cheese

or Instant Pot Mac and Cheese

Strawberry Spinach Salad

## TUESDAY

Mexican Lasagna

## WEDNESDAY

Instant Pot Potato Soup

or Stove-Top Potato Soup

Strawberry Spinach Salad

## THURSDAY

Salmon Sheet Pan Meal

## FRIDAY

Candy Cane Pizza

Christmas Tree Platter

or Veggies and Dip

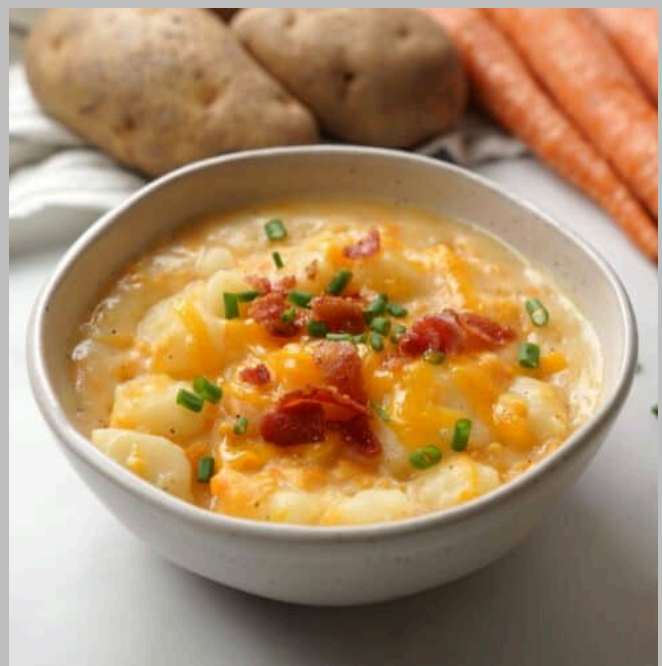
## SATURDAY

Homemade Chicken Tenders

or Air-Fryer Chicken Tenders

Baked Fries

or Air Fryer Fries



# A Mind Full MOM

## BREAKFAST IDEAS

*Santa Pancakes*

*Potato Frittata*

*Slow Cooker PB & J Oatmeal*

---

## LUNCH IDEAS

*Instant Pot Mac and Cheese*

*Turkey Wrap*

*Bean Burritos*

---

## SNACK IDEAS

*Christmas Tree Platter*

*Reindeer Pretzels*

*Ritz Cracker Peanut Butter Cookies*

## GROCERY LIST

Blank lines for writing a grocery list.



# A Mind Full MOM

## MEAL PLAN NOTES

- This week you will use quite a bit of potatoes. You will need red potatoes for the Salmon sheet pan meal and mashed red potatoes and russet potatoes for both the potato soup and baked or air-fried fries.
- If you used bacon for the potato soup, use extra to make a potato frittata for breakfast or add to turkey wraps for lunch.
- If you have leftover Mac and Cheese, use it for lunches.
- Use leftover tortillas and toppings from Mexican Lasagna to make bean burritos.
- Use leftover strawberries from the salad to make Santa Pancakes.
- For the Candy Cane Pizza, I love serving with a Christmas Tree Veggie Tree, but you can certainly just keep it simple and serve your favorite veggies on the side.

# A Mind Full MOM

## MEATS/PROTEINS

- 24 oz lean ground beef
- 4 salmon fillets
- 3-4 lbs chicken breasts (or 2 lbs chicken breast and 1lb chicken strips)
- bacon if desired for potato soup
- pepperoni for pizza

## GRAINS/BREADS

- pizza dough/ingredients for pizza dough
- tortillas for lasagna

## DRY GOODS/STAPLES

- 16 ounces elbow noodles
- diced tomatoes with green chiles
- 8 cups vegetable/chicken broth
- minced garlic
- cornstarch
- Marsala Wine
- 2 cups beef stock
- slivered almonds
- pizza sauce
- distilled vinegar for soup
- panko bread crumbs

## PRODUCE

- 2 pounds green beans
- fresh or dried thyme leaves
- toppings for lasagna like lettuce, tomatoes, onions, or avocados.
- spinach for salad
- strawberries for salad
- 1 shallot
- carrots for soup
- 3 pounds russet potatoes
- 3 pounds red potatoes

## DAIRY/REFRIGERATED GOODS

- 8 oz Pepper Jack Cheese
- 24-32 oz Cheddar Cheese for Mac and Cheese, Lasagna, and topping potato soup
- sour cream for Mac and Cheese, Lasagna, and mashed potatoes
- yogurt for dressing
- butter
- 16 oz Mozzarella cheese for pizza
- eggs