

A Mind Full MOM

SUNDAY

Homemade Sloppy Joes

Oven Fries

MONDAY

Instant Pot Fettuccine Alfredo

or 15-Minute Light Fettuccine

Caesar Salad

TUESDAY

Tacos

Homemade Refried Beans

Tortilla Chips and Salsa

WEDNESDAY

Leftover Sloppy Joes on Baked Potatoes

Fruit Salad

THURSDAY

Taco Casserole

Honey Lime Fruit Salad

FRIDAY

Taco Pizza

SATURDAY

Crispy Oven Baked Chicken Strips

Oven Baked Fries



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BREAKFAST IDEAS

Potato Frittata

Pancakes

Hot Chocolate Oatmeal

LUNCH IDEAS

Bean Burritos

Quick Ramen

English Muffin Pizzas

SNACK IDEAS

Chocolate Chip Cookies

Oatmeal Raisin Balls

Peanut Butter Banana Sushi

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- **Ground Beef:** Use all ground beef or swap it out for ground turkey or ground chicken. An easy way to cut down on cost is to replace 1 pound of ground beef with a 15-ounce can pinto beans for the sloppy joe recipe AND taco meat recipe (note, grocery list assumes you are not doing this!)
- **Sunday:** The recipe for sloppy joes makes enough for 8 large sandwiches. Reserve half to serve on top of baked potatoes on Wednesday night. If desired, make a double batch of oven fries and save half to reheat on Saturday night for dinner AND bake potatoes now to make Wednesday's dinner that much easier.
- **Monday:** Serve a Caesar Salad or tossed salad with the Fettuccine and then use leftover romaine lettuce to serve with tacos, taco casserole, and taco pizza.
- **Tuesday:** Prepare extra taco meat and refried beans on Tuesday night and save leftover taco meat and refried beans to use for Taco Pizza on Friday night and bean burritos for lunches. Use leftover toppings for taco casserole on Thursday (note that you CAN use leftover taco meat in the casserole as well. To do so, double or triple the taco meat on Tuesday, and save HALF for the casserole. Mix with canned black beans (or 2 cups refried beans), corn, and salsa and bake as directed.
- **Wednesday:** Prepare a fruit salad with your favorite fruits to use for Wednesday and Thursday night's meals. (optional)
- **Thursday & Friday:** Put leftover taco meat/beans/toppings to use.
- **Saturday:** Reheat oven fries if you prepped extra.

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MEATS/PROTEINS

- 4-5 pounds ground beef, turkey, or chicken
- 1-2 pounds chicken tenders

GRAINS/BREADS

- pizza dough or [ingredients for pizza dough](#)
- tortillas or taco shells

DRY GOODS/STAPLES

- 3 (16 oz) cans tomato sauce
- 2 cups dried pinto beans (or 2 cans store-bought refried beans)
- 16 oz vegetable or chicken broth for fettuccine
- 16 oz broth for refried beans
- 8 oz fettuccine noodles
- panko bread crumbs
- [taco seasoning](#)
- 15 oz black beans
- croutons
- [Caesar Dressing](#)
- tortilla chips
- salsa

PRODUCE

- 1 large package of romaine hearts
- toppings for tacos, casserole, and pizza: lettuce, tomatoes, avocado, onions, etc
- 2 onions--for sloppy joes and refried beans
- 2 jalapeno
- 2-3 limes
- for fruit salad: berries, grapes, melon, kiwi, etc
- 5 lbs russet potatoes
- 2 cups frozen corn

DAIRY/REFRIGERATED GOODS

- shredded cheddar cheese for tacos, taco casserole, taco pizza, and topping baked potatoes
- sliced cheddar for sloppy joes