

A Mind Full MOM

SUNDAY: SUPERBOWL

Pizza Bread

Air Fryer Chicken Wings

Taco Dip

MONDAY

Baked Potato Soup

Instant Pot Baked Potato Soup

Caesar Salad or Tossed Salad

TUESDAY

Chicken Thighs
with Roasted Potatoes

WEDNESDAY

Spaghetti and Meatballs

Caesar Salad

THURSDAY

Meatball Subs

Baked Fries

FRIDAY

Salmon Sheet Pan Meal

SATURDAY

Ribeye Steaks

Twice-Baked Potatoes

Strawberry Spinach Salad

Instant Pot Lava Cake



A Mind Full MOM

MEAL PLAN NOTES

- **Super Bowl Menu:** I have added a few of my favorite appetizers- they make for a fun dinner! *Note that I did not add the ingredients to the shopping list.*
- This week's recipes calls for a lot of potatoes. To keep things simple, use all russet potatoes. For the sheet pan dinners, simply cube them up
- **Wednesday:** Prepare extra meatballs to use for meatball subs on Thursday.
- **Valentine's Day Menu:** On Saturday, enjoy a fancy date night (with or without kids) at home for celebration of Valentine's Day.

A Mind Full MOM

MEATS/PROTEINS

- 4-6 chicken bone-in chicken thighs
- 2-4 Ribeye steaks
- 2 pounds lean ground beef (or turkey)
- 4-6 salmon filets
- 1 package bacon

GRAINS/BREADS

- buns for meatball subs

PRODUCE

- 1 pound fresh green beans
- 2-3 onions
- 5-8 pounds russet potatoes
- 1-2 pounds carrots
- 3 romaine hearts
- 1 small bag baby spinach for spinach salad
- 1 shallot
- 1-quart strawberries
- 2 lemons
- 1 bunch fresh parsley
- 1 pound fresh Brussels Sprouts

DRY GOODS/STAPLES

- 1 (32 oz) cartons chicken stock
- 16 oz beef stock
- 2 jars marinara/spaghetti sauce
- panko bread crumbs
- Caesar dressing or homemade
- Dijon mustard
- white vinegar

DAIRY/REFRIGERATED GOODS

- cheddar cheese for topping potato soup and twice-baked potatoes
- parmesan cheese
- sliced provolone for meatball subs
- eggs for meatballs
- milk for potato soup and meatballs