

A Mind Full MOM

SUNDAY

Homemade Lasagna or Instant Pot Lasagna
with Copycat Olive Garden Salad
and Garlic Toast

MONDAY

Potato Corn Chowder or
Instant Pot Potato Corn Chowder
with leftover salad

TUESDAY

Easy Black Bean Tacos
+ Fresh Fruit

WEDNESDAY

Lemon Garlic Pasta
with Salad and Garlic Toast

THURSDAY

Instant Pot Smoked Sausage and Potatoes
(see notes for slow cooker instructions)

FRIDAY

Easy Baked Cod
with Roasted Red Potatoes
and Green Beans Almondine

SATURDAY

French Bread Pizza
with fresh fruit or veggies if desired



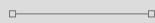
A Mind Full MOM

BREAKFAST IDEAS

Sheet Pan Pancakes

Strawberries and Cream Oatmeal

Instant Pot Egg Bites

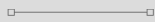


LUNCH IDEAS

Leftovers

Ramen

Thai Noodles



SNACK IDEAS

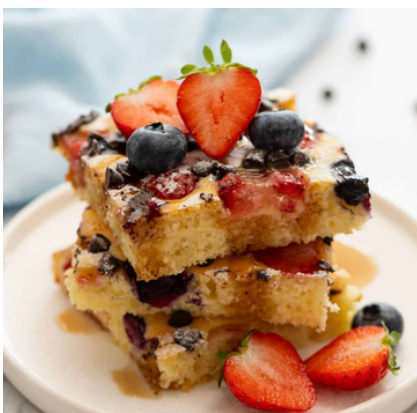
Oatmeal Date Energy Balls

Strawberry Bars

Baked Lemon Pudding

GROCERY LIST

Blank lines for writing a grocery list.



A Mind Full MOM

MEAL PLAN NOTES

- **On Sunday:** I would double the salad to enjoy Sunday, Monday, and Wednesday night. Keep the components separate and for best results assemble salad right before serving.
- **Slow Cooker Sausage and Potatoes:** If you don't have an Instant Pot to make sausage and potatoes, layer the ingredients for the smoked sausage and potatoes in a large slow cooker and cook on high for 2-3 hours or on low for 4-6 hours.
- **No Air Fryer?** Bake the French Bread Pizzas in a 425 F oven until toasted and cheese melted (about 12-15 minutes).
- **Ingredient/Money-Saving Notes:** Use leftover cottage cheese from lasagna to make egg bites and Yukon gold potatoes for roasted potatoes, potato soup, and sausage and potatoes. I would recommend purchasing a couple large loaves of Italian or French Bread to make garlic toast AND French Bread Pizza.

A Mind Full MOM

GROCERY LIST

PROTEINS

- 12 oz smoked sausage
- 4 cod fillets
- 1 lb ground beef/Italian sausage
- pepperoni for pizza (optional)

DRY GOODS

- 8 oz spaghetti
- 32 oz canned green beans
- 2 (32 oz cartons) chicken stock
- croutons + black olives + pepperoncinis for salad
- 12 lasagna noodles (regular)
- pizza sauce
- 28 ounce jar spaghetti sauce
- 2 (15 oz) cans black beans

BAKED GOODS/BREAD

- 2 loaves French or Italian bread
- 1 package hard taco shells (or soft)

DAIRY/REFRIGERATED GOODS

- 16 oz cottage cheese
- mayonnaise
- 1-2 eggs
- parmesan cheese
- 16 oz mozzarella cheese, shredded
- 8-16 oz provolone/ mozzarella, sliced
- milk/cream
- butter
- cheddar cheese for tacos

PRODUCE

- 1 lb fresh green beans
- 4 lemons
- 2 cups fresh/frozen corn
- 12-oz iceberg salad mix
- 2 yellow onions
- 1 bunch celery
- 5 pounds Gold potatoes
- 2-3 roma tomatoes
- 1 red bell pepper
- 1 red onion
- 2 shallots
- toppings for tacos if desired
- fruit and raw veggies for taco and pizza night