

# A Mind Full MOM

## SUNDAY

Slow Cooker Pot Roast  
or Instant Pot Pot Roast

## MONDAY

Easy Vegetable Primavera

## TUESDAY

Fish Tacos

## WEDNESDAY

French Dip Sandwiches  
with leftover Pot Roast

## THURSDAY

Balsamic Pork Tenderloin  
with Roasted Potatoes and Carrots

## FRIDAY

Blackened Mahi Mahi  
with Air Fryer Asparagus  
or Roasted Asparagus

## SATURDAY

Skillet Pork Tenderloin with Cabbage  
and leftover creamy grits



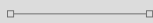
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## BREAKFAST IDEAS

Strawberry Cheesecake Pancakes

Carrot Cake Oatmeal

Easy Homemade Granola



## LUNCH IDEAS

Pot Roast Sandwiches

Vegetarian Wrap

Easy Bean Burritos



## SNACK IDEAS

Carrot Cake Muffins

Lemon Cheesecake Bars

Stovetop Popcorn

## GROCERY LIST

Blank lines for writing a grocery list.



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## MEAL PLAN NOTES

- **Sunday:** Set aside a bit of the beef to make French Dip Sandwiches later in the week. Any additional, use to make pot roast sandwiches for lunch.
- **Monday:** Feel free to add a salad as a side, but with so many veggies--the pasta truly doesn't need to be paired with anything. You can also swap out veggies to use what you have on hand.
- **Tuesday:** Use 2-3 firm white fish (like Mahi Mahi) and save the rest (frozen) for Friday night's dinner. Use half the cabbage to make a slaw for the fish tacos and half for the pork tenderloin skillet.
- **Wednesday:** Make Mock French Dip Sandwiches, skipping cooking the beef. Use leftover meat on toasted buns and serve with any leftover veggies and broth from pot roast on side. I typically serve fresh fruit and raw veggies or leftover slaw from tacos as well.
- **Notes on Ingredients:** Use cabbage for both the fish tacos and pork skillet. Use white firm fish for tacos and blackened fish. Feel free to replace grits with additional roasted veggies. Use any variety of potatoes/carrots for pot roast and roasted veggies.

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## GROCERY LIST

### PROTEINS

- 6-8 Mahi Mahi (or firm white fish of choice)
- 2-3 pound chuck roast
- 2 pork tenderloin (sold in one pack typically)

### DRY GOODS

- 16 oz bow-tie noodles
- 32 oz beef stock
- 32 oz chicken stock (for grits, water will work)
- 16 oz vegetable stock
- canned chipotles in adobo sauce
- stone-ground white or yellow grits (not polenta or instant grits)
- Dijon mustard
- Balsamic vinegar

### BAKED GOODS/BREAD

- tortillas
- buns for French dips

### MISC.

- dry white wine (optional)

### DAIRY/REFRIGERATED GOODS

- 8 oz apple cider/apple juice
- butter
- 8 oz extra-sharp shredded cheddar cheese (optional for grits)
- parmesan cheese
- 16 oz heavy cream/whole milk
- prepared horseradish (NOT horseradish sauce)
- sliced provolone cheese for French Dips
- 1/3 cup mayonnaise (or Plain Greek yogurt)

### PRODUCE

- 2 lb asparagus
- 2 limes
- 2 lemons
- 1 head cabbage (any color)
- 1 small head broccoli (for pasta)
- 1 small zucchini (for pasta)
- 1 cup sugar snap peas (for pasta)
- 1 bunch fresh cilantro
- 4 lbs baby or Russet potatoes
- 2 lbs carrots
- 1 bell pepper (yellow, red, orange)
- 1 yellow onion
- 1 shallots

Please keep in mind that this grocery list assumes you have basic spices and common items like flour, oil, and baking powder on hand.