

A Mind Full MOM

SUNDAY

Tamale Pie

MONDAY

White Bean and Tomato Pasta

Tossed Salad with Italian Dressing

TUESDAY

Turkey Taco Skillet

WEDNESDAY

Blackened Chicken

Smashed Red Potatoes

THURSDAY

Baked Italian Sausage

Roasted Red Potatoes

FRIDAY

Pizza with Leftover Sliced Italian Sausage

Tossed Salad with Italian Dressing

SATURDAY

Chicken and Green Bean Skillet

Tossed Salad with Italian Dressing



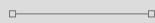
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BREAKFAST IDEAS

Spinach Frittata

French Toast

Baked Oatmeal Cups

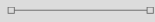


LUNCH IDEAS

Cheese Quesadillas

English Muffin Pizzas

Leftovers



SNACK IDEAS

Homemade Larabars

Cottage Cheese Smoothie

Peanut Butter Banana Muffins

GROCERY LIST

Blank lines for writing a grocery list.



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MEAL PLAN NOTES

- On Monday: Prepare a large tossed salad and homemade Italian dressing to use throughout the week.
- On Thursday: Serve the Sausage and Peppers serve on buns and with a side of roasted red potatoes (baked fries are great as well, but bake at a higher temperature than the sausage and peppers). Low-carb? Ditch the buns and potatoes and serve with a side salad.
- Ingredient Notes/Money Saving Tips: Feel free to use all ground beef or ground turkey for the taco skillet and tamale pie. Add any remaining spinach from pasta on Monday night to side salad. Use grape tomatoes for pasta, chicken and green bean skillet, and side salads.
- Leftover Italian sausage? slice it up and add to the pizza Friday night.
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MEATS/PROTEINS

- 2 pounds ground turkey/ground beef
- 4-6 Italian sausage links
- 3 pounds chicken breasts

GRAINS/BREADS

- flour/cornmeal for cornbread topping for tamale pie or cornbread mix
- hot dog buns for sausage if desired
- pizza dough

PRODUCE

- 2 small zucchini
- 4 onions
- 4 red peppers
- 1 green bell pepper
- frozen or canned corn
- 1 jalapeno
- 1 pound fresh green beans
- 2 pints cherry/grape tomatoes for skillet dinner and pasta (+ more for salad if desired)
- 2 limes
- 2 lemons
- ingredients for green tossed salad
- 3-5 pounds red potatoes
- 1 bag baby spinach (use for pasta then add rest to salad)
- 1 head garlic

DRY GOODS/STAPLES

- 4.5 oz can green chiles
- 32 oz cartons chicken stock/vegetable stock
- 15 oz can pinto beans
- 15 oz can cannellini beans
- 16 oz salsa
- 16 oz tomato sauce
- white wine (optional)
- taco seasoning--homemade blend
- 16 oz spaghetti or linguine noodles
- pizza sauce

DAIRY/REFRIGERATED GOODS

- 16 oz Mozzarella cheese
- 16 oz cheddar cheese for taco skillet & tamale pie