

A Mind Full MOM

SUNDAY

Baked Eggplant Parmesan
or Air Fryer Eggplant Parmesan
Crockpot Spaghetti Sauce

MONDAY

Oven Baked Meatballs
Leftover Spaghetti
Cucumber and Tomato Salad

TUESDAY

Meatball Subs
Zucchini Fries

WEDNESDAY

Turkey Taco Skillet

THURSDAY

BLTS with Oven Baked Bacon
and Succotash

FRIDAY

Crustless Zucchini Pie
Fresh Fruit

SATURDAY

Ratatouille
with bread



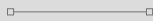
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BREAKFAST IDEAS

Chocolate Chip Pancakes

Instant Pot Oatmeal

Ham & Egg Breakfast Sandwiches

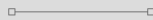


LUNCH IDEAS

Mediterranean Chickpea Salad

Air Fryer French Bread Pizza

Leftovers from the Week



SNACK IDEAS

Peanut Butter Rice Krispie Treats

Homemade Granola Bars

No-Bake Key Lime Pie

GROCERY LIST



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- **On Sunday:** I recommend making crockpot Spaghetti sauce early in the day. The Eggplant Parmesan is easy to make, but you need to slice and salt the eggplant about an hour before breading. This removes the bitter taste. If feeling productive, use that time to make and bake the meatballs, that way Monday and Tuesday's dinner come together in well under 30 minutes with minimal effort.
- **On Monday:** Serve meatballs with leftover spaghetti and sauce from Sunday night. Make a quick tomato and cucumber salad to make use of summer produce.
- **On Tuesday:** Use leftover meatballs to make meatball subs. Serve with zucchini fries or keep it simple with leftover tomato cucumber salad -- or just sliced cucumbers and maybe some fruit.
- **On Wednesday:** Feel free to use ground beef here if you want to purchase ground meat in bulk. Alternatively, you can use ground turkey to make meatballs.
- **On Thursday:** Use 2-4 slices of bacon for Succotash and then the remainder of the pack for BLTs.
- **On Friday:** If making Dutch oven bread for Saturday's dinner, take 5 minutes to combine the dough and bake it off Saturday morning. Or buy a loaf of bread to cut down on prep.
- **On Saturday:** The Ratouille Stew is easy to make, but definitely the most involved of the week, due to salting the eggplant and cooking down the veggies. If time is short, enjoy leftovers from the week or make BLTs again.
- **Monday Saving Tips:** Use fresh or sliced mozzarella for eggplant parm and to top subs, rather than purchasing provolone. Use leftover buns, cheese, and spaghetti sauce to make Air Fryer Pizzas. Use Monterey Jack cheese for taco skillet and Zucchini Pie. Use Vidalia onions for salads, zucchini bake, and Ratatouille (and chickpea salad at lunches), rather than purchasing red, yellow, sweet and onions. Use basil for tomato salad and succotash or omit.

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Proteins

- 2 lbs lean ground beef
- 1 lb ground turkey (or use additional ground beef)
- 12-ounce pack bacon

Dairy/Eggs

- Grated Parmesan
- Sliced mozzarella (fresh or packaged)
- 16 oz Monterey Jack Cheese
- eggs
- feta for egg bake and chickpea salad at lunches
- milk/cream

Dry Goods

- Panko bread crumbs
- 8 oz beef stock
- 28 oz crushed tomatoes
- 6 oz tomato paste
- spaghetti noodles
- olive oil
- taco seasoning
- jarred salsa
- balsamic vinegar
- Green olives
- coconut flour for gluten-free eggplant parm (optional)

Grains

- sub or hotdog buns
- bread or flour/yeast to make Italian bread

Produce

- 2 small eggplants
- 4 bell peppers
- 6-8 small zucchini
- 6-8 vine-ripened tomatoes
- 1 English cucumber
- 1 bunch basil (for cucumber salad and succotash), optional)
- 3-5 sweet onions
- 16 oz frozen corn kernels (or fresh cut of cob)
- 16 oz frozen or fresh lima beans
- 1 pint grape tomatoes
- fresh fruit