

A Mind Full MOM

SUNDAY

Instant Pot Chili

or Crockpot Chili

MONDAY

Baked Italian Sausage

Roasted Red Potatoes

TUESDAY

Vegetarian Fajitas

Instant Pot Spanish Rice

WEDNESDAY

Tamale Pie

THURSDAY

Pizza Pasta

Olive Garden Salad

FRIDAY

Easy Bean Burritos

with Chips and Salsa

SATURDAY

Leftover Pizza Pasta
and leftover salad



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BREAKFAST IDEAS

Crockpot Oatmeal

Banana Oat Pancakes

Baked Cottage Cheese Eggs

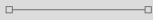


LUNCH IDEAS

Leftovers

Bean Burritos

Turkey Apple Sandwich



SNACK IDEAS

Peanut Butter Banana Bars

Whole Wheat Pumpkin Muffins

Homemade Larabars

GROCERY LIST



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MEAL PLAN NOTES

- **On Sunday:** Make a full batch of chili, then set aside 3 to 4 cups for Wednesday's Tamale Pie. That turns Wednesday into an assembly-and-bake kind of night rather than another dinner you have to start from scratch.
- **On Monday:** Peppers and onions also carry over nicely into Tuesday's fajitas.
- **On Tuesday:** Prepare extra Spanish Rice tonight so you have enough for Friday's Bean Burritos.
- On Wednesday: Use the chili you reserved on Sunday as the base for Tamale Pie.
- **On Thursday:** Remove the casings from the Italian sausage you reserved on Monday and brown the meat for the Pizza Pasta. Use any remaining peppers or onions as pizza toppings if your family enjoys them.
- **On Friday:** Use the remaining Spanish Rice to make Easy Bean Burritos. If you're using seasoned Spanish Rice, skip the salsa inside the burritos and serve salsa on the side instead. If you have leftover avocado, cilantro, cheese, or salsa from fajita night, they all work well here too.
- **On Saturday:** Leftovers! The pizza pasta often stretches to make 2 dinners, especially when paired with salad. But adding garlic toast helps even more!
- **Easy Swaps + \$ Saving Tips:** Purchase a larger package of Italian sausage. Bake 4 to 6 links for Monday's dinner and save another 2 to 3 links for Thursday's Pizza Pasta. Buy bell peppers in a multi-pack if that is cheaper. You will easily use them across several meals this week. Friday's burritos are deliberately flexible. Skip the rice if you run out, or add leftover fajita vegetables if you have them.

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MEATS/PROTEINS

- 8 links Italian sausage
- 2 lbs ground beef
- pepperoni if desired for pizza pasta

DAIRY/REFRIGERATED GOODS

- 8-16 oz cheddar for Tamale pie, and topping chili, burritos, and fajitas
- 8 oz mozzarella cheese
- parmesan cheese
- mayo for salad dressing
- milk or buttermilk to make cornbread tamale pie topping
- butter & eggs for tamale topping
- sour cream as topping

PRODUCE

- 6 to 8 bell peppers, assorted colors
- 4 to 5 yellow or white onions
- 2 portobello mushrooms
- 1 jalapeño
- 1 limes
- 1 pound red potatoes
- 1 bunch cilantro
- 2 heads romaine/iceberg or 2 bags salad mix
- 4 Roma tomatoes
- 1 avocado, optional
- garlic
- fruit

GRAINS/BREADS

- tortillas for serving fajitas and bean burritos
- white or brown rice
- cornmeal + flour for tamale topping and cornbread (or 2 boxes of mix)

DRY GOODS/STAPLES

- 1 can light lager beer, such as Coors or Corona (optional for chili)
- 16 oz beef stock
- 1 (15-ounce) can refried beans
- 2 (15-ounce) cans kidney beans
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can diced tomatoes
- Beef broth, optional for chili
- 24 ounces marinara or spaghetti sauce
- 8 ounces pizza sauce
- salsa
- Black olives, optional for salad and pasta
- Pepperoncini peppers for salad