

A Mind Full MOM

SUNDAY

Swedish Meatballs with Buttered Egg Noodles

Steamed Green Beans

MONDAY

Grilled Cheese

Instant Pot Tomato Soup

(see notes for stove-top directions)

TUESDAY

Pumpkin Pasta

Green Beans or a Simple Side Salad

WEDNESDAY

Chopped Steak

Mashed Red Potatoes

THURSDAY

Instant Pot Fettuccine Alfredo

or 15-Minute Stovetop Fettuccine Alfredo
with Kale Apple Salad

FRIDAY

Easy Baked Salmon

with Roasted Fall Vegetables

SATURDAY

Sausage Tortellini Soup

with Kale Apple Salad



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BREAKFAST IDEAS

Slow Cooker Maple Brown Sugar Oatmeal

Sheet Pan Pancakes

Breakfast Burritos

LUNCH IDEAS

Fall Quinoa Salad

Grilled Cheese and Leftover Tomato Soup

Pita Pizza

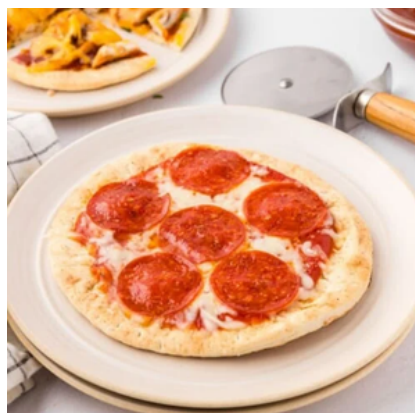
SNACK IDEAS

Baked Apples

Pumpkin Banana Muffins

Pumpkin Roll

GROCERY LIST



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MEAL PLAN NOTES

- **Sunday:** Buy one loaf of sandwich bread rather than a specialty bread just for the Swedish Meatballs. Use the couple of slices needed for the meatballs, then the rest becomes Monday's grilled cheese. Also, if ground beef is cheaper in a family pack, divide it between tonight's meatballs and Wednesday's Chopped Steak and refrigerate or freeze Wednesday's portion.
- **Monday:** Grilled cheese and tomato soup is already an inexpensive dinner, so keep it simple. Shred cheese from a block rather than buying sliced cheese if it saves money at your store. If you buy heavy cream for the soup, hang onto it. You can use the same carton Thursday and Saturday. See meal plan for stovetop soup instructions.
- **Tuesday:** Canned pumpkin makes Pumpkin Pasta an easy pantry dinner for October. If the recipe leaves you with extra pumpkin, freeze it or stir it into oatmeal, pancake batter, or muffins later.
- **Wednesday:** Buy enough red potatoes for tonight's mashed potatoes and Friday's roasted vegetables. No need to buy several varieties of potatoes simply because two recipes call for them in different ways.
- **Thursday:** A large bunch or bag of kale can cover both tonight's Kale Apple Salad and Saturday's Tortellini Soup. If kale is pricey, spinach works well in the soup, so check which green is the better buy.
- **Friday:** Treat the Roasted Fall Vegetables recipe as a formula rather than a strict shopping list. Use whichever combination of red potatoes, sweet potatoes, carrots, Brussels sprouts, or squash is on sale. This is an especially good night for clearing out the produce drawer.
- **Saturday:** Tortellini Soup is flexible enough to help finish the week's groceries. Add leftover kale or spinach, use the heavy cream already opened earlier in the week, and feel free to use less sausage if you want to stretch the meal. The tortellini makes it plenty hearty.

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MEATS/PROTEINS

- 2 pounds ground beef
- 1 pound salmon fillets
- 1 pound Italian sausage

DRY GOODS/STAPLES

- 1 package egg noodles
- 1 pound pasta for Pumpkin Pasta
- 1 pound fettuccine
- 1 can pumpkin puree
- 2 cans diced or whole tomatoes
- 1 small can tomato paste
- 1 carton or 2 cans broth for Tomato Soup
- 1 carton chicken broth for Tortellini Soup

GRAINS/BREADS

- white bread for grilled cheese and Swedish meatballs

PRODUCE

- 2 onions
- 1 head garlic
- 1 pound green beans
- 5 pounds red potatoes
- 1 bunch kale
- 2 apples
- 1 lemon
- 1 small butternut squash or other fall vegetable
- 1 pound Brussels sprouts
- 2 carrots
- 2 celery stalks
- Fresh sage, optional for Pumpkin Pasta

DAIRY/REFRIGERATED GOODS

- 1 block cheddar cheese
- 1 package Parmesan cheese
- 1 pint heavy cream
- 1 container sour cream
- 1 stick butter
- 1 package refrigerated cheese tortellini
- Milk, as needed for mashed potatoes and Alfredo