

A Mind Full MOM

SUNDAY

Crockpot Pork Loin with Apples

Homemade Mashed Potatoes

Kale Apple Salad

MONDAY

Sweet Potato Tacos

Guacamole with Chips

TUESDAY

Leftover Pork Roast

Hasselback Sweet Potatoes

WEDNESDAY

Kale Pasta

Kale Apple Salad

THURSDAY

Pork with Apples

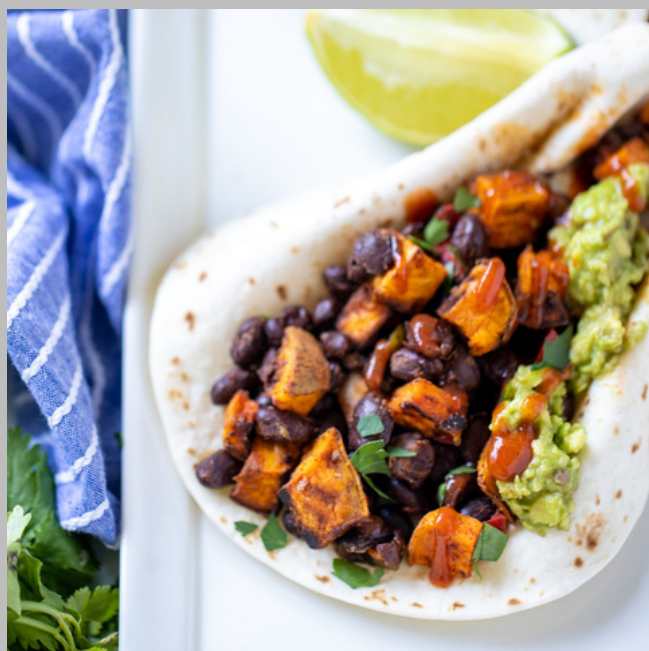
Roasted Brussels Sprouts

FRIDAY

Sheet Pan Chicken Thighs
with Potatoes and Veggies

SATURDAY

Sausage Sheet Pan Dinner



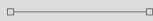
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BREAKFAST IDEAS

Baked Cinnamon Donuts

Sweet Potato Pancakes

Baked Apple Oatmeal



LUNCH IDEAS

Leftovers

Sweet Potato Burritos

Pizza Grilled Cheese



SNACK IDEAS

Apple Crisp

Applesauce Muffins

Snickerdoodle Cookies

GROCERY LIST



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MONEY-SAVING AND PREP-AHEAD TIPS

- **Sunday:** Choose a pork loin large enough to give you leftovers for Monday. Make extra mashed potatoes and set aside part of the kale apple salad so tomorrow night's dinner is essentially finished.
- **Monday:** Gently reheat the pork with a little of its cooking liquid to keep it from drying out. If your family finished the mashed potatoes Sunday, serve the pork with roasted sweet potatoes instead and prep extra for Tuesday's tacos.
- **Tuesday:** Sweet potatoes and black beans make this one of the week's least expensive dinners. Cook a few extra sweet potatoes while you are at it. Use leftovers for burritos at lunch.
- **Wednesday:** Buy one large bunch or bag of kale and use it for Sunday's salad and tonight's pasta. Spinach is an easy swap if it is cheaper or if your family prefers it.
- **Thursday:** Sheet pan dinners are perfect for cleaning out the produce drawer. Potatoes, Brussels sprouts, broccoli, carrots, or green beans can all work, so use what you already have before buying another vegetable.
- **Friday:** Store-bought pizza dough is a perfectly good shortcut. Use leftover vegetables from Thursday as toppings so they do not disappear into the refrigerator until next Tuesday.
- **Saturday:** Use any remaining potatoes or vegetables in the sausage sheet pan dinner. If sausage is expensive that week, use less sausage and add extra potatoes and vegetables to stretch the meal without making dinner feel skimpy.

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MEATS/PROTEINS

- 4-6 bone-in chicken thighs
- 1 pork loin roast + 4 to 6 pork chops
- 1 package chicken sausage or smoked sausage

GRAINS/BREADS

- tortillas for tacos

PRODUCE

- 3-4 pounds sweet potatoes
- 5 pounds Yukon gold potatoes
- 8 sweet, firm apples
- 2 bunches kale (1 large bag kale)
- 1 bag yellow onions
- 1 sweet bell pepper
- 1-2 lbs Brussels sprouts
- 1 bunch fresh thyme
- 1 small head of broccoli and/or 1 small head of cauliflower
- 2-3 avocados for tacos and guac
- 3-4 Roma tomatoes for guac
- 2 limes
- 2 lemons
- optional blueberries for salad

DRY GOODS/STAPLES

- 16 ounces orecchiette pasta
- 15 ounces chickpeas
- taco seasoning
- apple juice or apple cider
- panko bread crumbs
- dry white wine (optional)
- 16 ounces vegetable broth
- 2 (15 oz) cans black beans
- pizza sauce

DAIRY/REFRIGERATED GOODS

- cheddar cheese for tacos if desired
- mozzarella cheese for pizza