

A Mind Full MOM

SUNDAY

Instant Pot Chili
or Crockpot Chili

MONDAY

Tamale Pie
+ Fresh Fruit

TUESDAY

Sheet Pan Sausage and Veggies

WEDNESDAY

Ground Beef Sweet Potato Bowls

THURSDAY

Easiest Homemade Lasagna
+ Greek Salad

FRIDAY

Tacos with Leftover Taco Meat

SATURDAY: HALLOWEEN

English Muffin Mummy Pizzas + Apple
Monsters



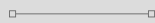
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BREAKFAST IDEAS

Oven Pancake

Breakfast Sliders

Banana Baked Oatmeal



LUNCH IDEAS

Leftovers

Veggie Wraps

Greek Quinoa Salad



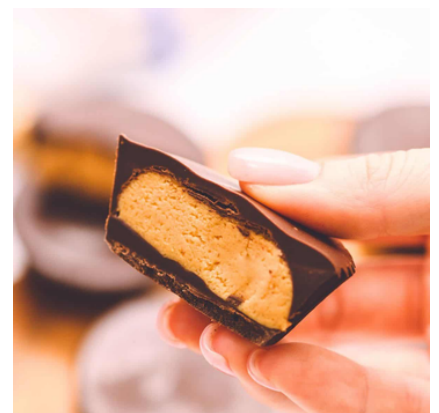
SNACK IDEAS

Homemade Reese Cups

Homemade Larabars

Easy Chocolate Bark

GROCERY LIST



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MEAL PLAN NOTES

- **Sunday:** Make a full batch of chili and set aside 3-4 cups for Monday's Tamale Pie.
- **Monday:** Use the reserved chili to make Tamale Pie. You can use my homemade cornbread recipe or a boxed mix to keep things easy.
- **Tuesday:** When making Sheet Pan Sausage and Veggies, roast an extra 2-3 sweet potatoes for Wednesday's dinner. Season the extra potatoes simply with olive oil and salt so they work well with the taco-seasoned beef. Refrigerate separately, and tomorrow you'll have one less thing to cook.
- **Wednesday:** Use the chili you reserved on Sunday as the base for Tamale Pie.
- **Thursday:** Double the taco meat and refrigerate half for Friday's tacos. Ground turkey works just as well as ground beef here and is a great option if you prefer it or find it on sale. Save any leftover cottage cheese for Thursday's lasagna.
- **Friday:** Heat up leftover taco meat and enjoy taco night.
- **Easy Swaps + \$ Saving Tips:**
 - Buy ground beef and ground turkey in larger packages and split them between this week's recipes. Use whichever is on sale.
 - Don't waste the toppings. Avocado, cilantro, lettuce, and cheese bought for Wednesday's bowls can double as Friday's tacos.
 - Make Thursday's lasagna even easier. Swap ground beef for sliced pepperoni, or skip the meat altogether. If you have any toppings left over from the Greek salad, use them in lunches for Greek quinoa salad or a Mediterranean chickpea salad.

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MEATS/PROTEINS

- 4 lbs ground beef or turkey
- 1 lb ground beef or Italian sausage for Thursday lasagna (optional)
- 12 oz fully cooked or smoked sausage

PRODUCE

- 3 large sweet potatoes
- 4 medium Yukon Gold or red potatoes
- 1 head broccoli
- 1 head cauliflower
- 4 yellow onions (use in place of red onions)
- 2-3 limes
- 1 lemon
- tomatoes for Greek salad + tacos
- cucumber for salad
- 2 heads romaine lettuce
- 1 bunch fresh cilantro (optional)
- 1 bunch fresh parsley
- 1 large avocado (optional)
- 2-3 red apples for Halloween
- Fresh strawberries for Apple Monsters

GRAINS/BREADS

- tortillas taco night
- 12 regular lasagna noodles
- English muffins for mummy pizzas
- cornmeal + flour for tamale topping and cornbread (or 2 boxes of mix)

DAIRY/REFRIGERATED GOODS

- 32 oz cottage cheese
- 16 oz shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- 16 oz cheddar
- ⅓ cup crumbled feta cheese
- String cheese for Halloween mummy pizzas
- 3 large eggs (2 for cornbread topping, 1 for lasagna)
- milk
- butter

DRY GOODS/STAPLES

- 28-oz can crushed tomatoes
- 15-oz can diced tomatoes (Crockpot chili option)
- 2 (15-ounce) cans kidney beans
- 1 (4-ounce) can diced green chiles (optional for tamale filling)
- 1 (15-ounce) can tomato sauce (use some for taco meat; optional extra for tamale pie)
- 3 cups marinara or spaghetti sauce
- Pizza sauce (or extra marinara sauce) for mummy pizzas
- Kalamata olives for salad + Mummy eyes
- Sliced pepperoncini peppers for salad
- 1 cup frozen corn