A Mind Full MOM

SUNDAY

Italian Baked Meatballs over Pasta

with Instant Pot Spaghetti Sauce or jarred marinara

MONDAY

Crockpot Chicken Chili

or Instant Pot Chicken Chili

Homemade Cornbread

TUESDAY

Meatball Subs

with Oven Fries

or Roasted Potatoes

WEDNESDAY

Leftover Chili

THURSDAY

Happy Thanksgiving!
Get recipe every recipe you need
HERE!

FRIDAY

Leftover Thanksgiving Pizza

Leftover Salad or Veggies with Dip

SATURDAY

Southwest Turkey Soup







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BREAKFAST IDEAS

Baked Oatmeal Cups

Hashbrown Breakfast Casserole

Sweet Potato Waffles

LUNCH IDEAS

Turkey Apple Sandwiches

Leftovers

SNACK IDEAS

Thanksgiving Egg Rolls

Pumpkin Cake

Sweet Potato Smoothie

GROCERY LIST







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MEAL PLAN NOTES

- **Sunday:** One batch of Italian Baked Meatballs makes about 36. Serve some tonight and save 18 for Tuesday's subs, as the recipe calls for. Freeze any extras for a busy night in December. (Or simply use frozen meatballs to keep it really simple.)
- **Monday:** Make a full batch of chicken chili and cornbread, and save enough for Wednesday's dinner.
- **Tuesday:** Meatball subs come together in about 15 minutes with the meatballs from Sunday. For a side, use whatever potatoes you bought for Thanksgiving mashed potatoes: oven fries if you have russets, or roasted potatoes if you have Yukon Golds. If you're making a turkey brine, do so tonight and let it chill until Wednesday.
- **Wednesday:** Dinner is done. If you're making the hashbrown breakfast casserole for Thanksgiving morning, assemble it tonight and refrigerate. I also like to mix up my corn casserole following the make-ahead instructions, and chop potatoes for mashed potatoes (cover with cold, salted water, drain off, and cook with fresh water for Thanksgiving). Pop your turkey in the chilled brine.
- **Friday and Saturday:** Both use leftover turkey, and Friday's pizza uses leftover cranberry sauce too. Feel free to swap in any of my Thanksgiving leftover recipes instead.

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MEATS/PROTIENS

- 1 lb boneless, skinless chicken breasts
- 2 lbs lean ground beef or turkey - for meatballs (or frozen meatballs)

GRAINS/BREADS

- pizza dough for leftover pizza
- hot dog buns for meatballs subs
- cornbread ingredients or box

PRODUCE

- 4 cups frozen or fresh corn (for chili and taco soup)
- 2-3 yellow onions
- 2 bell peppers (optional for chili and turkey soup)
- Yukon gold or russet potatoes (for sides for subs and Thanksgiving Mashed potatoes)
- 1 lime
- 1 bunch parsley for meatballs (dried works too!)

DRY GOODS/STAPLES

- panko breadcrumbs for meatballs
- BBQ sauce for pizza
- 15 oz can fire-roasted diced tomatoes
- 3 (10 oz) cans mild diced tomatoes with green chiles
- 2 (15 oz) cans pinto beans
- 4 (15 oz) cans of black beans
- 48 oz chicken stock
- 8 oz beef stock
- jarred marinara or crushed tomatoes + tomato paste for homemade sauce
- spaghetti noodles

DAIRY/REFRIGERATED GOODS

- cheddar cheese for pizza and topping soup/chili
- milk + eggs for cornbread and meatballs
- Parmesan for meatballs
- 4 oz cream cheese for Turkey Soup

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