A Mind Full MOM

SUNDAY

Homemade Sloppy Joes

with Oven Fries

MONDAY

Sausage Tortellini Soup

TUESDAY

Sloppy Joes

over Instant Pot Baked Potatoes

WEDNESDAY

Roasted Butternut Squash Soup

with Grilled Cheese Sandwiches

and Kale Apple Salad

THURSDAY

Easy Baked Rotini

with Kale Apple Salad

FRIDAY

Ground Beef Stroganoff

with Steamed Green Beans

SATURDAY

Leftover Baked Rotini
with Garlic Toast
and Frozen Steamed Veggies of Choice







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BREAKFAST IDEAS

Cranberry Orange Muffins

Eggnog French Toast Casserole

Ham and Egg Cups

LUNCH IDEAS

Leftovers

Air Fryer French Bread Pizza

SNACK IDEAS

Shortbread Cookies

Saltine Cracker Toffee

Copycat Peppermint Mocha

GROCERY LIST







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MEAL PLAN NOTES

- **Sunday:** One batch of Homemade Sloppy Joes makes 8 servings. Serve half tonight and refrigerate the rest for Tuesday. Start the oven fries first, since they take about 40 minutes, and the Sloppy Joes will be ready by the time they're crisp. You'll need 3 pounds of ground beef this week. Freeze 1 pound for Friday's stroganoff. Use leftover buns as a base for Air Fryer Pizzas or sandwiches at lunch.
- **Monday:** Sausage Tortellini Soup is ready in 30 minutes and uses one bunch of kale. Pack the leftovers for lunches. They keep up to 4 days.
- **Tuesday:** Instant Pot Baked Potatoes take about 40 minutes start to finish, and almost all of that is hands-off. Reheat the Sloppy Joe mixture while they cook. Tonight, make the maple Dijon dressing and massage the kale for Wednesday's and Thursday's salads. Dressed kale keeps up to 3 days. Wait to add the apples and nuts until serving.
- **Wednesday:** The butternut squash soup needs only 10 minutes of hands-on prep, and the oven does the rest. Make the grilled cheese while the vegetables cool. Save the leftover soup for lunches. It keeps 4 days in the fridge or 3 months in the freezer.
- **Thursday:** Easy Baked Rotini makes 8 servings, so half covers Saturday's dinner. Move the frozen ground beef to the fridge to thaw for tomorrow.
- **Friday:** Ground Beef Stroganoff cooks in one pot in about 30 minutes, noodles included. Set the sour cream out first so it doesn't separate.
- **Saturday:** Dinner is mostly done. Reheat the leftover rotini, make the garlic toast, and steam a bag of frozen veggies.
- **Note:** This week is a bit pasta-heavy (which my family loves). Feel free to swap out the Ground Beef Stroganoff for Sausage Sheet Pan Dinner or Salmon Sheet Pan Dinner using potatoes and green beans. Be sure to remove 1 pound of ground beef, sour cream, and egg noodles from the grocery list.

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MEATS/PROTIENS

- 3 lb lean ground beef
- 1 lb Italian sausage

GRAINS/BREADS

- 1 package hamburger buns
- 1 loaf sandwich bread
- 1 loaf French or Italian bread (garlic toast)

PRODUCE

- 1 (5-lb) bag russet potatoes
- 3 bunches kale (1 for soup, 2 Lacinato for two batches of salad)
- 3 small/medium yellow onions
- 2 heads garlic
- 1 butternut squash (about 3 lb)
- 2 red bell peppers
- 3 Roma tomatoes
- 1 large shallot (or 2 small)
- 1 jalapeño (use ½)
- 2 apples
- 1 (8-oz) package cremini mushrooms
- 1 lb fresh green beans (or a 1-lb frozen bag)
- frozen veggies of choice
- Optional: blueberries, fresh parsley or basil

DRY GOODS/STAPLES

- 1 (16-oz) box rotini
- 1 (12-oz) bag egg noodles
- 2 (32-oz) cartons chicken or vegetable broth
- 1 (32-oz) carton low-sodium beef broth (add a 14.5-oz can if you skip the wine)
- 1 (28-oz) jar marinara (or 2 [24-oz] jars)
- 1 (14.5-oz) can crushed tomatoes
- 1 (8-oz) can tomato sauce
- 1 (6-oz) can tomato paste
- dried cranberries for salad
- walnuts for salad
- Optional: dry red wine (½ cup)

DAIRY/REFRIGERATED GOODS

- 2 (8-oz) packages sliced cheddar (Sloppy Joes + grilled cheese)
- 1 (16-oz) bag shredded mozzarella
- 1 (16-oz) container cottage cheese
- 1 (16-oz) container sour cream
- 1 half-pint heavy cream
- 1 (9-oz) package cheese tortellini
- 1 stick butter
- Optional: Parmesan

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