A Mind Full MOM

SUNDAY

Bacon-Wrapped Pork Tenderloin

Hasselback Sweet Potatoes

Roasted Brussels Sprouts

MONDAY

Tuscan Pasta

Spinach Salad with Bacon Dressing

TUESDAY

Sweet Potato Tacos

Homemade Guacamole with Chips

WEDNESDAY

Sausage Sheet Pan Dinner

THURSDAY

Baked Chicken Strips

Sweet Potato Fries

FRIDAY

Pizza Bread

Fresh Fruit

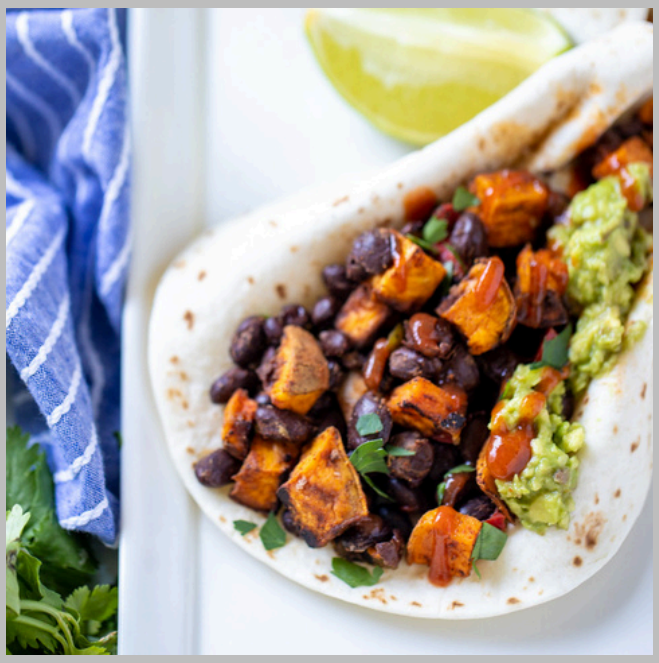
SATURDAY

Homemade Lasagna

or Instant Pot Lasagna

salad with leftover greens from week







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BREAKFAST IDEAS

Baked Cinnamon Donuts

Baked Sweet Potato Oatmeal

Homemade Egg McMuffins

LUNCH IDEAS

Turkey Wraps

Sweet Potato Burritos

Egg Salad

SNACK IDEAS

Baked Apples

Applesauce Muffins

Homemade Granola

GROCERY LIST







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MEAL PLAN NOTES

- **Sunday:** Buy a large package of bacon for tonight's Bacon-Wrapped Pork Tenderloin, Monday's Spinach Salad, and turkey club wraps for lunch. You'll also need Brussels sprouts and sweet potatoes for several meals this week, so buying larger bags may save money. Roast a few extra sweet potatoes to use for breakfast or lunch.
- **Monday:** Use some of the bacon purchased for Sunday to make the warm bacon dressing for tonight's Spinach Salad. While you're at it, hard-boil a few eggs for Egg Salad lunches later in the week. Save any extra spinach for Saturday's lasagna or side salad.
- **Tuesday:** Make a double batch of the sweet potato and black bean filling for tonight's tacos. Use the leftovers to make Sweet Potato Burritos for lunches throughout the week. If you're making homemade guacamole, press plastic wrap directly against the surface of any leftovers to help limit browning.
- **Wednesday:** Tonight's Sheet Pan Sausage and Veggies is a great way to use the remaining sweet potatoes and Brussels sprouts from Sunday.
- **Thursday:** Use the remaining sweet potatoes to make Sweet Potato Fries.
- **Friday:** Pizza Bread is perfect for using up small amounts of leftover cheese and pizza toppings. Set out the toppings and let everyone customize their own. Pair with Fruit Salad using whatever fresh fruit you have on hand or what was on sale this week.
- **Saturday:** Homemade Lasagna is a great make-ahead dinner. Assemble it earlier in the day, or even the night before, and refrigerate until ready to bake, adjusting the baking time as needed. Serve with a salad using any leftover greens from earlier in the week. If you have freezer space, consider doubling the recipe and freezing one for a busy night during the holiday season.

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MEATS/PROTIENS

- 1 pound chicken tenders
- 1pound ground beef/sausage for lasagna
- 1-2 pork tenderloins
- 12 ounces bacon (or 2 packages if desired)
- 12 ounces chicken sausage

GRAINS/BREADS

- pizza dough or homemade dough
- tortillas for tacos and burritos/wraps for lunches

PRODUCE

- 5 pounds sweet potatoes
- 2-3 apples
- 1-2 bags baby spinach
- 1 pint grape tomatoes
- 2 yellow onions
- 1-2 bell peppers
- 2 pounds fresh Brussels sprouts
- 2-3 avocados for tacos and guac
- 3-4 Roma tomatoes for guac
- 2 limes
- 3 lemons
- fresh fruit

DRY GOODS/STAPLES

- pizza sauce
- 16 ounces spaghetti noodles
- lasagna noodles
- 16 ounces white beans
- taco seasoning
- apple juice or apple cider
- maple syrup
- garlic
- walnuts for Hasselback potatoes
- panko bread crumbs
- dry white wine (optional)
- vegetable broth

DAIRY/REFRIGERATED GOODS

- 16-24 ounces Mozzarella for pizza
- 8 ounces cottage cheese
- Parmesan cheese
- eggs

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