A Mind Full MOM

SUNDAY

Instant Pot Beef Stew

Or Crockpot Beef Stew

Dutch Oven Bread

MONDAY

Baked Potato Soup

or Instant Pot Baked Potato Soup

Side Salad with Ranch

TUESDAY

Leftover Stew

Dutch Oven Bread

WEDNESDAY

Buffalo Chicken Bake

Side Salad with Ranch

THURSDAY

Chicken Orzo Soup

or Instant Pot Chicken Orzo Soup

BLT Salad

FRIDAY

Spinach Pizza

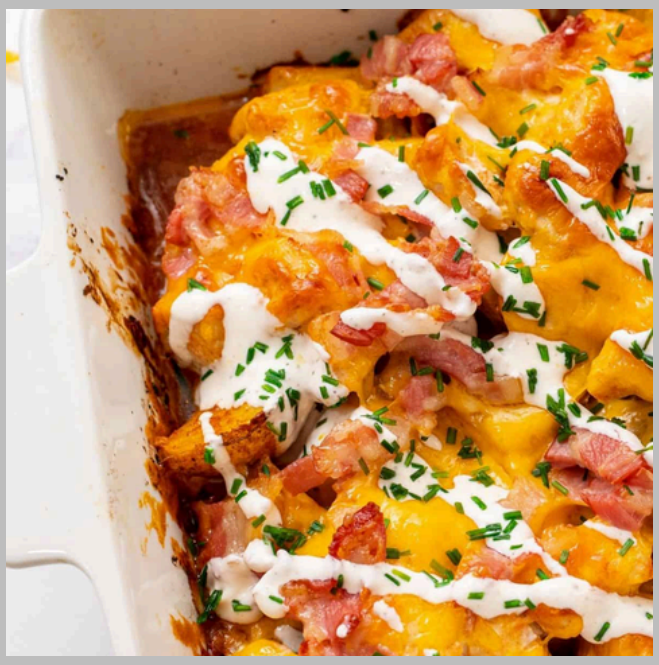
Leftover Salad

SATURDAY

Stuffed Shells

Leftover Salad







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BREAKFAST IDEAS

Instant Pot Egg Bites

Chocolate Chip Pancakes

Breakfast Sliders

LUNCH IDEAS

Egg Salad

Leftover Soup

Air Fryer Mini Pizzas

SNACK IDEAS

Buckeye Candies

Pumpkin Banana Muffins

Mulled Apple Cider

GROCERY LIST







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MEAL PLAN NOTES

- **Sunday**: Make a full batch of Beef Stew and set aside enough for Tuesday's dinner before serving. Depending on your family's appetite, you may need to double the recipe. If you're making Dutch Oven Bread, prepare the dough Saturday night so it's ready to bake today. Save any extra bread to serve with Thursday's Chicken Orzo Soup.
- **Monday**: Buy one large bag of russet potatoes to use for both the Beef Stew and tonight's Baked Potato Soup. Russets will break down a bit more in the stew than Yukon Golds, but they work just fine. Make a large batch of homemade ranch dressing to use for tonight's salad, Wednesday's Buffalo Chicken Bake, and salads later in the week.
- **Tuesday:** Serve leftover Beef Stew with leftover Dutch Oven Bread. If the stew has thickened in the refrigerator, add a splash of beef broth when reheating.
- **Wednesday**: Buffalo Chicken Bake calls for bacon, so cook a few extra slices for Thursday's BLT Salad (I pop them in the oven while the casserole bakes). You can also use leftover lettuce, tomatoes, and ranch from Monday to make tonight's side salad.
- **Thursday:** Chicken Orzo Soup is a great way to use the carrots, celery, onions, and chicken broth already purchased this week. Serve with BLT Salad using the extra bacon from Wednesday.
- **Friday:** Purchase one container of ricotta cheese to use in both tonight's Spinach Pizza and Saturday's Stuffed Shells. Use any leftover spinach (fresh or frozen works here) from the pizza in the stuffed shells or toss it into Thursday's Chicken Orzo Soup. Serve the pizza with whatever salad ingredients remain from earlier in the week.
- **Saturday:** Finish the week with Stuffed Shells, using the remaining ricotta and spinach. If you're making homemade marinara, consider doubling it and freezing half for another dinner. Stuffed Shells also freeze beautifully, so this is a great recipe to double and tuck a second pan away for a busy night in December.

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MEATS/PROTIENS

- 1-2 pounds stew meat
- 1 package bacon
- 2 pounds boneless, skinless chicken breasts or thighs

GRAINS/BREADS

- pizza dough/ingredients for pizza dough
- ingredients for Dutch oven bread or store-bought bread

DAIRY/REFRIGERATED GOODS

- ranch dressing or ingredients for homemade
- 32 ounces ricotta cheese
- 24 ounces Mozzarella cheese
- Parmesan cheese
- eggs
- cheddar cheese for topping potato soup and potato bake
- milk for soup
- prepared horseradish

PRODUCE

- 1 bag baby spinach (or 10-ounce frozen chopped spinach)
- 3-5 heads of romaine lettuce
- 1 pound carrots
- 1 bunch of celery
- 1 bag yellow onions
- 1-2 pounds Yukon Gold potatoes (or additional Russets)
- 2 pounds Russet potatoes
- 1-2 cucumbers for salad
- 2-3 bell peppers for salad
- 1-2 pints cherry/grape tomatoes
- 2 lemons

DRY GOODS/STAPLES

- 1 box jumbo shells
- 24 ounces spaghetti sauce
- 6 ounces tomato paste
- 32 ounces beef stock
- 32 ounces chicken broth
- hot sauce
- vinegar
- dry white wine (optional)
- dry red wine (optional)

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