

this week for dinner™

week 471 menu

MENU (underlined words indicate hyperlinks to recipes)

- monday: [malibu melt wraps](#)
- tuesday: [chicken kai pa lo](#)
- wednesday: [homemade pizza](#)
- thursday: leftovers
- friday: omelettes and fresh fruit
- saturday: take out night
- sunday: curry in a hurry with rice and veggie
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INGREDIENTS

grocery store list:

- flour tortillas, burrito size
- frozen chicken tenders
- tomatoes
- romaine lettuce
- avocados
- pizza toppings
- eggs
- onions
- green onions
- omelette fixings
- fresh fruit
- spinach
- fresh side veggie

pantry/fridge/freezer items:

- salt & pepper
- mozzarella cheese
- honey mustard dressing
- flour
- active dry yeast
- olive oil
- sugar
- canola oil
- fresh garlic
- soy sauce
- garlic powder
- white pepper
- chicken thighs (freezer)
- chicken stock
- brown sugar
- Chinese five spice
- curry powder
- garam masala
- red chiles
- unsweetened coconut milk
- can diced tomatoes
- tomato paste
- chicken breasts (freezer)
- rice