

this week for dinner™

week 492 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [teriyaki chicken](#) with rice and broccoli

tuesday: [malibu melt wraps](#) with fresh fruit

wednesday: [chicken tortilla soup](#)

thursday: leftovers

friday: BLTs

saturday: eat out night

sunday: [grilled salmon tacos](#)

INGREDIENTS

grocery store list:

- broccoli
- frozen chicken tenders
- romaine lettuce
- tomatos
- avocados
- fresh fruit
- tortillas
- onion
- green onions
- lime
- cilantro
- tortilla strips salad toppers
- bacon
- good sandwich bread
- salmon filet
- coleslaw mix
- jalapeno pepper

pantry/fridge/freezer items:

- salt & pepper
- b/s chicken breasts (freezer)
- rice
- soy sauce
- sugar
- garlic powder
- ground ginger
- red wine vinegar
- oil
- honey mustard dressing
- fresh garlic
- chicken broth
- frozen corn
- can black beans
- cayenne pepper
- chili powder
- cumin
- cheese
- sour cream
- brown sugar
- paprika
- onion powder
- lime juice
- white vinegar
- sugar