

WEEKLY MENU # 528



- MONDAY** roast beef paninis + fruit
 - TUESDAY** loaded baked potatoes
 - WEDNESDAY** [no. 3, aka green noodles](#)
 - THURSDAY** leftovers
 - FRIDAY** chicken stir fry
 - SATURDAY** eat out night
 - SUNDAY** [roasted vegetable egg scramble](#) + smoothies
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INGREDIENT LIST

grocery store:

- roast beef
- bell peppers
- panini bread
- fresh fruit
- russett potatoes
- bacon
- cheese
- green onions
- spinach fettuccine
- mushrooms
- prosciutto
- pesto
- feta cheese
- cream
- salad fixings
- frozen stir fry veggies
- vegetables for roasting

- eggs
- juice or grapes (for smoothie base)

at home:

- salt & pepper
- mayonnaise
- salsa
- b/s chicken breasts
- teriyaki sauce
- rice
- frozen fruit
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