

WEEKLY MENU #538



- MONDAY [spaghetti](#)
- TUESDAY [chicken tortilla soup](#)
- WEDNESDAY hamburgers
- THURSDAY leftovers
- FRIDAY [roasted vegetable scrambles](#)
- SATURDAY eat out night
- SUNDAY tri-tip and roasted vegetables

INGREDIENT LIST

grocery store:

- spaghetti
- pasta sauce
- salad fixings
- lime
- fresh cilantro
- tomatoes
- tortilla strips
- avocado
- sour cream
- cheese
- ground beef
- hamburger buns
- fresh fruit
- chips
- roasting vegetables
- eggs
- juice

- tri-tip roast
- crusty bread

at home:

- salt & pepper
- 2 cans diced tomatoes
- chili powder
- cumin
- paprika
- fresh garlic
- chicken broth
- can black beans
- frozen corn
- chicken
- cayenne pepper
- frozen smoothie fruit