

WEEKLY MENU #541

this week
for dinner™

- MONDAY** [spaghetti bolognese](#)
- TUESDAY** [coras ground beef tacos](#)
- WEDNESDAY** [roasted vegetable scrambles](#) with smoothies
- THURSDAY** leftovers
- FRIDAY** eat out night
- SATURDAY** visiting friends
- SUNDAY** [caprese paninis](#)

INGREDIENT LIST

grocery store:

- spaghetti
- ground beef (x2)
- bacon
- carrots
- celery
- onions
- cream
- crusty bread
- vegetables for roasting
- hard taco shells
- fresh cilantro
- grape tomatoes
- lettuce
- sour cream
- salsa
- avocados
- eggs
- juice
- panini bread
- fresh mozzarella
- fresh basil
- chips

at home:

- salt & pepper
- olive oil
- fresh garlic
- sage
- parsley
- bay leaf
- oergano
- red wine
- 2 cans dice tomatoes
- chicken broth
- cumin
- chili powder
- paprika
- garlic powder
- onion powder
- frozen fruit