



WEEKLY MENU # 554

guest menu by
catherine mccord, weelicious

this week
for dinner™

- MONDAY** [vegetarian chimichangas](#)
- TUESDAY** [turkey taco bowls](#)
- WEDNESDAY** [stir fry chicken in lettuce cups](#) + [perfect brown rice](#)
- THURSDAY** [spaghetti & turkey meatballs](#) + [shaved veggie salad](#)
- FRIDAY** [slow cooker chicken noodle soup](#) + [grilled cheese and pickle panini](#)
- SATURDAY** [slow cooker pot roast w/apples & onions](#) + [harvest salad](#)
- SUNDAY** [guacamole cheddar burger](#) + [crispy smashed potatoes](#)
+ [kale chips](#)

INGREDIENT LIST

grocery store:

- onions
- button mushrooms
- fresh cilantro
- shredded cheese
- avocados
- tortillas
- ground turkey (x3)
- 2 red bell peppers
- romaine lettuce
- lime
- tomatoes
- tortilla chips
- bibb or iceberg lettuce
- greek yogurt
- carrots
- spaghetti noodles
- veggies for shaved salad
- b/s chicken breasts
- leeks

- whole wheat bread
- cheddar cheese
- boneless pork loin roast
- apples
- purple cabbage
- arugula
- butternut squash
- delicata squash
- persimmons
- pomegranate seeds
- shallot
- ground beef
- burger buns
- baby potatoes
- kale

at home:

- salt & pepper
- fresh garlic
- olive oil
- cumin
- can green chilies
- can refried beans
- 2 cans black beans
- 3 cans dice tomatoes
- brown rice
- salsa
- taco seasoning
- soy sauce
- honey
- ground ginger
- italian seasoning
- garlic powder
- fresh parm cheese
- bread crumbs
- egg
- lemon juice
- chicken stock
- thyme
- bay leaves
- rotini or macaroni
- sliced pickles
- ground cinnamon
- balsamic vinegar
- onion powder
- worcestershire sauce