

# this week for dinner™

## week 386 menu

### MENU (underlined words indicate hyperlinks to recipes)

monday: [chili](#) and corn chips

tuesday: [chicken tortilla soup](#)

wednesday: chicken fettuccine alfredo + salad

thursday: leftovers

friday: takeout night

saturday: hamburgers on the grill + salad and watermelon

sunday: breakfast for dinner

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## INGREDIENTS

- fresh fruit
- ground beef (2 meals)
- bell peppers
- onions
- corn chips
- fresh fettuccine
- alfredo sauce
- salad fixings
- hamburger buns
- watermelon
- green onions
- tomatoes
- lime
- cilantro
- avocados
- cheese

fridge/pantry/spice cupboard staples needed:  
salt, pepper, can kidney beans, can diced tomatoes, can baked beans, salsa, chili powder, cumin, red pepper flakes, b/s chicken breasts (2 meals), fresh garlic, frozen corn, chicken broth, can black beans, cayenne pepper, sour cream