MENU (underlined words indicate hyperlinks to recipes)

monday: asian spinach salad

tuesday: take out night

wednesday: BLT pizza

thursday: caprese paninis

friday: leftovers

saturday: chicken caesar wraps

sunday: breakfast for dinner: waffles & fruit

INGREDIENTS

fridge/pantry/spice cupboard staples needed:

- small bag spinach
- can sliced water chestnuts
- b/s chicken breasts
- bean sprouts
- bacon
- mozzarella cheese (for pizza & caprese)
- romaine lettuce (for pizza & wraps)
- tomatoes (for pizza & caprese)
- bread for paninis
- fresh basil
- tortillas
- fresh fruit
- 8 oz bowtie pasta

- sesame seeds, sunflower seeds, lemon pepper, canola oil, sugar, salt, sesame oil, soy sauce, rice vinegar, fresh garlic, flour, active dry yeast, olive oil, can whole tomatoes, dried oregano, pepper, red wine vinegar, mayonnaise, caesar dressing, croutons, fresh parmesan cheese, baking powder, milk, eggs, butter, vanilla extract