

this week for dinner™

week 449 menu

MENU (underlined words indicate hyperlinks to recipes)

- monday:** take out (last day of summer beach day!)
- tuesday:** rachel sandwiches + fresh fruit
- wednesday:** chicken tortilla soup
- thursday:** sweet korean beef tacos
- friday:** leftovers
- saturday:** chicken on the grill + corn on the cob and watermelon
- sunday:** breakfast for dinner: egg scrambles with toppings

INGREDIENTS

grocery store list:

- coleslaw mix x2
- fresh fruit
- deli turkey
- swiss cheese
- good sandwich bread
- onion
- green onions
- tomatoes
- fresh cilantro
- crunchy tortilla strips
- sour cream
- shredded cheese
- campbells sweet korean bbq sauce
- chuck roast
- flour tortillas
- corn on the cob
- watermelon

pantry/fridge/freezer items:

- salt & pepper
- b/s chicken breasts and thighs/drumsticks
- russian dressing
- fresh garlic
- chicken boullion
- frozen corn
- black beans
- lime
- cayenne powder
- cumin
- hot sauce
- bbq sauce
- eggs
- toppings for eggs (salsa, cheese, etc)