

this week for dinner™

week 464 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [BLTs with chips, salsa and fresh fruit](#)

tuesday: [chicken soup with rice](#)

wednesday: [steak](#) with [crispy rosemary potatoes](#)

thursday: out to dinner!

friday: leftovers

saturday: [taco night](#)

sunday: [waffles](#) and smoothies

INGREDIENTS

grocery store list:

- bread for BLTs
- bacon
- romaine
- tomatoes
- fruit
- tortilla chips
- onion
- carrots
- steaks
- red potatoes
- tortillas
- avocados
- juice for smoothies

pantry/fridge/freezer items:

- salt & pepper
- salsa
- chicken breasts
- rice
- chicken broth
- cornstarch
- frozen peas
- cornmeal
- olive oil
- fresh rosemary
- fresh garlic
- sour cream
- cheese
- beans
- flour
- sugar
- baking powder
- milk
- eggs
- butter
- vanilla extract
- frozen fruit for smoothies