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

**Monday:** bertucci's tortellini

**Tuesday:** loaded nachos

**Wednesday:** spaghetti and meatballs

**Thursday:** leftovers

**Friday:** BLTs

**Saturday:** take out night

**Sunday:** breakfast for dinner: omelets

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**INGREDIENTS**

**grocery store list:**
- Italian sausage
- mushrooms
- cream
- fresh tortellini
- fresh basil
- tortilla chips
- cheese
- avocados
- tomatoes
- ground beef
- bacon
- lettuce
- good bread for BLTs
- fresh fruit
- omelet fixings

**pantry/fridge/freezer items:**
- salt & pepper
- fresh garlic
- can whole tomatoes
- sugar
- parmesan cheese
- beans
- salsa
- pasta sauce
- spaghetti
- eggs