MENU (underlined words indicate hyperlinks to recipes)

**Monday:** southwest chicken salad

**Tuesday:** loaded nachos

**Wednesday:** chicken fettuccine alfredo with salad and garlic bread

**Thursday:** leftovers

**Friday:** BLTs with fresh fruit

**Saturday:** take out night

**Sunday:** breakfast for dinner: waffles, eggs and fruit

---

**INGREDIENTS**

**Grocery store list:**
- romaine lettuce
- salad tortilla strips
- tortilla chips
- colby jack cheese
- avocados
- fresh fettuccine
- alfredo sauce
- salad fixings
- garlic bread
- bacon
- tomatoes
- fresh fruit

**Pantry/fridge/freezer items:**
- salt & pepper
- b/s chicken breasts (freezer)
- taco seasoning
- canned corn
- can black beans
- ranch dressing
- salsa
- eggs
- flour
- sugar
- milk
- butter
- vanilla extract