MENU (underlined words indicate hyperlinks to recipes)

monday: adobo chicken with beans and rice

tuesday: chicken caesar wraps

wednesday: veggie omelets

thursday: leftovers

friday: grilled salmon with rice & broccoli

saturday: eat out night

sunday: sausage, pepper & onion hoagies

INGREDIENTS

grocery store list:
- romaine lettuce
- tortillas
- croutons
- avocado
- bell peppers
- onions
- eggs
- salmon
- broccoli
- sweet italian sausage
- hoagie rolls
- tomatotes
- wild rice mix

pantry/fridge/freezer items:
- salt & pepper
- fresh garlic
- b/s chicken breasts (freezer)
- chicken thighs (freezer)
- anatto seeds
- orange juice
- white vinegar
- canola and olive oil
- basil
- cinnamon
- cornstarch
- jasmine rice
- peruan beans
- parmesan cheese
- caesar dressing
- brown sugar
- cayenne pepper

paprika
- garlic powder
- onion powder