MENU  (underlined words indicate hyperlinks to recipes)

monday:   fourth of july potluck cookout!
tuesday:  teriyaki chicken with rice and broccoli
wednesday: chicken tortilla soup
thursday:  BLTs
friday:   camping with friends - take out night!
saturday: camping with friends - fire food!
sunday:   visiting family in L.A.

INGREDIENTS

grocery store list:
■ fresh fruit
■ onion
■ green onions
■ lime
■ cilantro
■ tortilla strips salad toppers
■ bacon
■ good sandwich bread
■ lettuce
■ tomatoes
■ camping cookout food (tbd)

pantry/fridge/freezer items:
■ salt & pepper
■ b/s chicken breasts (Freezer)
■ rice
■ soy sauce
■ sugar
■ garlic powder
■ ground ginger
■ red wine vinegar
■ oil
■ fresh garlic
■ chicken broth
■ frozen corn
■ can black beans
■ cayenne pepper
■ chili powder
■ cumin
■ cheese
■ sour cream
■ mayo
■ chips
■ salsa