

# this week for dinner™

## week 493 menu

### 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.

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## 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