

this week for dinner™

week 501 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: grilled chicken with rice and caesar salad

tuesday: brats with grilled peppers and onions

wednesday: ground beef tacos

thursday: leftovers

friday: homemade pizza night (margherita, honey goat cheese)

saturday: takeout night

sunday: breakfast for dinner (omelets and smoothies)

INGREDIENTS

- fresh fruit
- romaine lettuce
- croutons
- rice mix
- brats
- hoagie rolls
- bell pepper
- onion
- ground beef
- cilantro
- tomatoes
- tortillas
- avocados
- fresh mozzarella cheese
- fresh basil
- honey goat cheese

- eggs
- fruit juice

fridge/pantry/spice cupboard
staples needed:

- salt & pepper
- b/s chicken breasts (freezer)
- fresh parmesan cheese
- caesar dressing
- spices: cumin, chili powder, paprika, oregano, garlic powder, onion powdered, seasoned salt
- salsa
- olive oil
- flour
- yeast
- sugar
- frozen fruit