

WEEKLY MENU #520

this week
for dinner™

- MONDAY** [barbecue chicken salad](#)
- TUESDAY** [coras mexican ground beef tacos](#)
- WEDNESDAY** [stuffed shells](#)
- THURSDAY** leftovers
- FRIDAY** [tuscan tomato soup](#) + [grilled cheese sandwiches](#)
- SATURDAY** eat out night
- SUNDAY** pancakes, eggs and smoothies

INGREDIENT LIST

grocery store:

- romaine lettuce
- mozzarella cheese
- cornbread croutons
- granny smith apples
- tomatoes
- tortillas
- onion
- fresh cilantro
- avocados
- sour cream
- pasta shells
- ricotta cheese
- fresh basil
- crusty bread
- american cheese
- basil pesto
- fruit juice or grapes
(for smoothie base)
- eggs

at home:

- salt & pepper
- barbecue sauce
- chicken breasts
- can black beans
- can corn
- ranch dressing
- salsa
- ground beef
- cumin
- chili powder
- paprika
- garlic powder
- onion powder
- seasoned salt
- fresh garlic
- egg
- tomato pasta sauce
- fresh parmesan
- butter
- olive oil
- 3 cans diced
tomatoes
- frozen fruit
- flour
- sugar
- baking powder