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