

WEEKLY MENU # 521



MONDAY dinner salad topped with [grilled salmon](#)

TUESDAY chicken stir fry

WEDNESDAY eat out night

THURSDAY [baked ziti](#) and salad

FRIDAY leftovers

SATURDAY [sausage, pepper and onion hoagies](#)

SUNDAY [chili](#)

INGREDIENT LIST

grocery store:

- lettuce
- salad veggies
- salmon fillet
- frozen stir fry veggies
- ziti
- fresh basil
- spinach
- onion
- ricotta cheese
- fresh mozzarella
- crusty bread
- good pasta sauce
- Italian sausage
- bell peppers
- tomatoes
- hoagie rolls
- ground beef
- tortilla chips

at home:

- salt & pepper
- olive oil
- brown sugar
- paprika
- cayenne pepper
- cumin
- garlic powder
- onion powder
- salad dressing
- soy sauce
- ground ginger
- rice
- fresh garlic
- fresh parmesan
- can kidney beans
- can mixed beans
- can tomato sauce
- can diced tomatoes
- salsa
- chili powder