WEEKLY MENU #521

dinner salad topped with grilled salmon

MONDAY

TUESDAY

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

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