**WEEKLY MENU #523**

**MONDAY**  
indian tacos with easy tandoori chicken and raita

**TUESDAY**  
chicken marsala and salad

**WEDNESDAY**  
greek salad with grilled chicken

**THURSDAY**  
leftovers

**FRIDAY**  
breakfast for dinner: roasted veggie scramble + smoothies

**SATURDAY**  
eat out night

**SUNDAY**  
super bowl eats and treats, including 7-layer dip and sweet chex mix

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**INGREDIENT LIST**

**grocery store:**
- plain yogurt
- chicken breasts
- onions
- bell peppers
- tortillas
- red cabbage
- cilantro
- cucumbers
- green onion
- mushrooms
- marsala wine
- pasta
- salad fixings
- tomatoes
- kalamata olives
- feta cheese
- pita bread

**at home:**
- greek dressing
- veggies for roasting
- eggs
- grapes or juice
- tortilla chips
- potato chips + dip
- cheese
- can refried beans
- avocados
- sour cream
- rice chex
- any other good super bowl food I see!

**at home:**
- salt & pepper
- lemon juice
- fresh garlic
- cumin
- ground ginger
- coriander
- cayenne pepper
- cardamom
- cloves
- canola oil
- lime juice
- flour
- chicken broth
- parsley
- frozen fruit
- salsa

- taco seasoning
- canned olives
- shredded coconut
- sliced almonds
- corn syrup
- sugar
- butter
- baking soda
- vanilla extract

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