

WEEKLY MENU #523

this week
for dinner™

- 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
- 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