

WEEKLY MENU #524

this week
for dinner™

- MONDAY** indian tacos with easy tandoori chicken and raita
- TUESDAY** bean & cheese burritos w/grilled peppers & onions
- WEDNESDAY** vegetarian curry in a hurry
- THURSDAY** leftovers
- FRIDAY** breakfast for dinner: roasted veggie scramble + smoothies
- SATURDAY** eat out night
- SUNDAY** pot roast with mashed potatoes and broccoli

INGREDIENT LIST

grocery store:

- plain yogurt
- chicken breasts
- onions
- bell peppers
- tortillas
- red cabbage
- cilantro
- cucumbers
- green onion
- veggies for roasting
- eggs
- grapes or juice
- refried beans
- tortillas
- avocados
- tomatoes
- cheese

- can coconut milk
- spinach
- cauliflower
- chuck or round roast
- russet potatoes
- cream
- broccoli

at home:

- salt & pepper
- lemon juice
- fresh garlic
- cumin
- ground ginger
- coriander
- cayenne pepper
- cardamom
- cloves
- canola oil
- lime juice
- salsa
- curry powder
- garam masala
- dried red chilies
- tomato paste
- can diced tomatoes
- milk
- lemon juice
- frozen peas
- rice
- frozen fruit
- flour
- butter