

WEEKLY MENU #525

this week
for dinner™

- MONDAY** [asian chicken pasta salad](#)
- TUESDAY** [chicken soup with rice](#)
- WEDNESDAY** homemade hamburgers
- THURSDAY** leftovers
- FRIDAY** loaded nachos and [hummus guacamole dip](#)
- SATURDAY** eat out night
- SUNDAY** breakfast for dinner: roasted vegetable scramble + smoothies
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INGREDIENT LIST

grocery store:

- bowtie pasta
- spinach
- raisins
- can mandarin oranges
- green onions
- 2 bone-in chicken breasts
- onion
- carrots
- ground beef
- hamburger buns
- lettuce
- tomato
- mushrooms
- chips
- tortilla chips
- cheese
- hummus
- avocados
- tomatoes
- vegetables for roasting
- eggs
- juice

at home:

- salt & pepper
- oil
- teriyaki sauce
- sugar
- b/s chicken breasts
- sesame seeds
- almonds
- rice
- cornstarch
- frozen peas
- chicken broth
- black beans
- salsa
- frozen fruit