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

INGREDIENT LIST

**grocery store:**
- bowtie pasta
- spinach
- craisins
- can mandarin oranges
- green onions
- 2 bone-in chicken breasts
- onion
- carrots
- ground beef
- hamburger buns
- lettuce
- tomato
- mushrooms
- chips
- tortilla chips
- cheese

**at home:**
- hummus
- avocados
- tomatoes
- vegetables for roasting
- eggs
- juice
- salt & pepper
- oil
- teriyaki sauce
- sugar
- b/s chicken breasts
- sesame seeds
- almonds
- rice
- cornstarch
- frozen peas
- chicken broth
- black beans
- salsa
- frozen fruit

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