MONDAY  asian chicken pasta salad
TUESDAY  pesto chicken salad sandwiches
WEDNESDAY rigatoni with homemade bolognese sauce
THURSDAY  leftovers
FRIDAY  caprese paninis
SATURDAY  eat out night
SUNDAY  breakfast for dinner: waffles and smoothies

INGREDIENT LIST

grocery store:
■ bowtie pasta
■ spinach
■ craisins
■ can mandarin oranges
■ green onions
■ pesto
■ good sandwich bread
■ romaine lettuce
■ tomatoes
■ rigatoni
■ salad fixings
■ bacon
■ carrot
■ celery
■ onions
■ fresh basil
■ cream

at home:
■ fresh mozzarella
■ grapes or juice
■ salt & pepper
■ oil
■ teriyaki sauce
■ sugar
■ b/s chicken breasts
■ sesame seeds
■ almonds
■ mayonnaise
■ ground beef
■ 2 cans diced tomatoes
■ fresh garlic
■ sage
■ dried parsley
■ bay leaf
■ dried oregano

■ chicken broth
■ frozen fruit
■ plain yogurt
■ flour
■ baking powder
■ milk
■ eggs
■ butter
■ vanilla extract

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