WEEKLY MENU #528

MONDAY  roast beef paninis + fruit
TUESDAY  loaded baked potatoes
WEDNESDAY no. 3, aka green noodles
THURSDAY leftovers
FRIDAY  chicken stir fry
SATURDAY  eat out night
SUNDAY  roasted vegetable egg scramble + smoothies

INGREDIENT LIST

grocery store:
- roast beef
- bell peppers
- panini bread
- fresh fruit
- russett potatoes
- bacon
- cheese
- green onions
- spinach fettuccine
- mushrooms
- prosciutto
- pesto
- feta cheese
- cream
- salad fixings
- frozen stir fry veggies
- vegetables for roasting

at home:
- eggs
- juice or grapes (for smoothie base)
- salt & pepper
- mayonnaise
- salsa
- b/s chicken breasts
- teriyaki sauce
- rice
- frozen fruit

© 2017 this week for dinner™