MONDAY  indian tacos
TUESDAY  stir fry
WEDNESDAY  chicken caesar wraps
THURSDAY  leftovers
FRIDAY  turkey boursin baguettes
SATURDAY  eat out night
SUNDAY  pasta with grilled chicken, broccoli and cream sauce

INGREDIENT LIST

grocery store:
- tortillas
- plain yogurt
- onion
- bell pepper
- red cabbage
- cucumber
- fresh cilantro
- frozen stir fry veggies
- romaine lettuce
- croutons
- boursin cheese
- deli turkey
- baguettes
- chips
- fresh fruit
- cream
- broccoli

at home:
- salt & pepper
- b/s chicken breasts
- lemon juice
- fresh garlic
- cumin
- ginger
- coriander
- cayenne
- cardamom
- cloves
- oil
- rice
- teriyaki sauce
- fresh parmesan
- caesar dressing
- pasta

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