WEEKLY MENU #534

MONDAY leftover easter food
TUESDAY lentil soup
WEDNESDAY omelettes and smoothies
THURSDAY pasta with grilled chicken, broccoli and cream sauce
FRIDAY leftovers
SATURDAY eat out night
SUNDAY grilled meat and vegetables

INGREDIENT LIST

grocery store:
- dry lentils
- onions
- carrots
- celery
- crusty bread
- eggs
- omelette mix-ins
- juice
- broccoli
- cream
- whatever meat looks good for grilling
- fresh veggies for grilling

at home:
- salt & pepper
- leftover easter ham
- fresh garlic
- cooking oil
- beef broth
- can diced tomatoes
- worcestershire sauce
- thyme or oregano
- cumin
- bay leaf
- frozen fruit
- pasta
- chicken (freezer)
- white wine
- fresh parmesan

© 2017 this week for dinner™