

# WEEKLY MENU #534

this week  
for dinner™

- 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
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## 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