MONDAY  vegetarian chimichangas

TUESDAY  turkey taco bowls

WEDNESDAY  stir fry chicken in lettuce cups + perfect brown rice

THURSDAY  spaghetti & turkey meatballs + shaved veggie salad

FRIDAY  slow cooker chicken noodle soup + grilled cheese and pickle panini

SATURDAY  slow cooker pot roast w/apples & onions + harvest salad

SUNDAY  guacamole cheddar burger + crispy smashed potatoes + kale chips

INGREDIENT LIST

grocery store:

- onions
- button mushrooms
- fresh cilantro
- shredded cheese
- avocados
- tortillas
- ground turkey (x3)
- 2 red bell peppers
- romaine lettuce
- lime
- tomatoes
- tortilla chips
- bibb or iceberg lettuce
- greek yogurt
- carrots
- spaghetti noodles
- veggies for shaved salad
- b/s chicken breasts
- leeks

whole wheat bread
cheddar cheese
bonedss pork loin roast
apples
purple cabbage
arugula
butternut squash
delicata squash
persimmons
pomegranate seeds
shallot
ground beef
burger buns
baby potatoes
kale

at home:

- salt & pepper
- fresh garlic
- olive oil
- cumin
- can green chilies
- can refried beans
- 2 cans black beans
- 3 cans dice tomatoes
- brown rice
- salsa
taco seasoning
soy sauce
honey
ground ginger
italian seasoning
garlic powder
fresh parmesan cheese
bread crumbs

- egg
- lemon juice
- chicken stock
- thyme
- bay leaves
- rotini or macaroni
- sliced pickles
- ground cinnamon
- balsamic vinegar
- onion powder
- worcester sauce

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