### INGREDIENT LIST

#### grocery store:
- onions
- potatoes
- cream cheese
- cheddar cheese
- half and half
- frozen corn
- bacon
- b/s chicken breasts
- canned green chilies
- tortillas
- taco toppings
- lime
- fresh cilantro
- tomato sauce
- mozzarella cheese
- fresh basil
- Harvest Grains Blend
- boneless beef chuck roast
- broccoli
- mild chunky salsa
- baby back pork ribs
- celery
- BBQ sauce
- eggs
- fresh parsley
- Oreo cookie crumbs
- heavy cream
- milk chocolate
- peanut butter cups

#### at home:
- salt & pepper
- butter
- chicken broth
- red pepper flakes
- dried parsley
- cornstarch
- olive oil
- chili powder
- white rice
- vegetable oil
- panko bread crumbs
- fresh parmesan
- flour
- garlic powder
- eggs
- cooking spray
- fresh garlic
- 2 cans crushed tomatoes
- tomatoes
- beef broth
- soy sauce
- brown sugar
- sesame oil
- toasted sesame seeds
- 2 cans diced tomatoes
- onion powder
- 2 cans black beans
- mayonnaise
- dill pickle juice
- mustard
- sugar
- creamy peanut butter
- vanilla extract
- flour
- semisweet chocolate chips

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Monday: potato cheese soup

Tuesday: chicken tacos with cilantro lime rice

Wednesday: lighter chicken parmesan

Thursday: grilled chicken and couscous

Friday: beef and broccoli

Saturday: spicy chicken soup

Sunday: BBQ baby back ribs + potato salad + peanut butter chocolate chip cheesecake

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