**WEEKLY MENU #559**

guest menu by katie goodman kick of good life eats

**MONDAY**
italian sausage and kale soup + artisan bread in 5 minutes a day + salad

**TUESDAY**
honey mustard chicken + roasted brussels sprouts with bacon and balsamic + roasted sweet potatoes w/garlic

**WEDNESDAY**
fall sheet pan pork tenderloin with honey balsamic roasted vegetables + artisan bread in 5 minutes a day

**THURSDAY**
eat out for date night!

**FRIDAY**
homemade build your own pizza night + italian mixed greens salad with prosciutto & lemon dijon vinaigrette + easy homemade fudgy brownies with caramel sauce

**SATURDAY**
chicken enchiladas with homemade chile gravy sauce (with crockpot mexican chicken and guacamole)

**SUNDAY**
indian butter chicken + homemade naan + salad

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**INGREDIENT LIST**

**grocery store:**
- sweet italian sausage
- onions
- 2 red bell peppers
- 10 red potatoes
- half & half
- 2 bunches kale
- salad fixings
- 2.5 lb. chicken tenderloins
- fresh rosemary
- brussels sprouts
- thick bacon
- 1.5 lb. sweet potatoes
- fresh sage
- pork tenderloin
- 3 golden beets
- 1 parsnhip
- carrots
- red onion
- mozzarella cheese
- pizza sauce
- pizza toppings

**at home:**
- salt & pepper
- olive oil
- garlic powder
- chicken broth
- yeast
- ap flour
- salad dressing
- grainy mustard
- dijon mustard
- honey
- balsamic vinegar
- lemon juice
- white wine vinegar
- fresh parmesan
- salted butter
- sugar
- cocoa powder
- vanilla extract
- eggs
- chocolate chunks
- bourbon
- sea salt
- canola oil
- cumin
- smoked paprika
- allspice
- oregano
- chili powder
- tomato paste
- onion powder
- coriander
- black olives
- sour cream
- garam masala
- cardamom
- bay leaves
- basmati rice
- bread flour
- whole hard white wheat flour

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