



WEEKLY MENU # 559

guest menu by katie goodman kick
of good life eats

this week
for dinner™

- 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

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 parsnip
- carrots
- red onion
- mozzarella cheese
- pizza sauce
- pizza toppings
- italian mixed greens
- fresh basil
- prosciutto
- heavy cream
- b/s chicken breasts
- 2 limes
- fresh cilantro
- jalapenos
- tortillas
- oaxaca cheese
- queso quesadilla cheese
- avocados
- fresh ginger
- plain yogurt
- fresh garlic

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