

	Main	Side	Side
<b>Monday:</b>	<a href="#">Sesame chicken</a>	rice	spiralized zucchini peanut noodles
<b>Tuesday:</b>	<a href="#">Chicken tacos</a>	black beans	grilled zucchini
<b>Wednesday:</b>	<a href="#">Egg frittata</a>	grilled asparagus	fruit
<b>Thursday:</b>	<a href="#">Burgers</a>	grilled zucchini, asparagus, sweet onions	pasta salad
<b>Friday:</b>	Movie night! Popcorn, cheese, sliced meat, sliced veggies, fruit		
<b>Saturday:</b>	Leftovers/fridge clean out/quesadillas for the picky ones		
<b>Sunday:</b>	Family dinner: TBD		

\***Grocery list** assumes items that will need to be purchased fresh or frozen for specific dishes.

\***Pantry** assumes items that most people currently have in their cupboards. I am not listing olive oil, salt, or pepper.

Grocery list			
Item	Dish	Day	Notes/Prep
Chicken	Sesame chicken	Monday	defrost on Sunday if frozen, chop on Sunday
Green onions	Sesame chicken	Monday	Slice on Sunday
Fresh ginger	Sesame chicken, peanut noodles	Monday	Peel and grate and make marinade on Sunday
Garlic	Sesame chicken, frittata	Monday and Wednesday	Mince and make marinade for Sesame chicken on Sunday
Corn tortillas	Chicken tacos	Tuesday	
Chicken	Chicken tacos	Tuesday	Defrost on Monday. Put in crockpot Tues am
Salsa	Chicken tacos	Tuesday	
Avocado	Chicken tacos	Tuesday	
Cilantro	Chicken tacos & black beans	Tuesday	
Sweet onions	Chicken tacos, burgers, and grilled zuke "scramble"	Tuesday, Thursday	Dice enough for all meals on Sunday or Monday. Make some slices for burgers.
Black beans	Black beans	Tues	Soak on Sunday to cook in crockpot on Monday if using dried beans
Sour cream	Chicken tacos	Tues	Gross. Don't eat it. :-D
Eggs	Frittata	Wednesday	
Milk	Frittata	Wednesday	
Meat (opt)	Frittata	Wednesday	
Cheese	Frittata	Wednesday	
Potatoes (opt)	Frittata	Wednesday	
Greens	Frittata	Wednesday	
Butter	Frittata	Wednesday	
Fruit		Wednesday	
Asparagus	Asparagus	Wednesday and Thursday	
Ground Beef or turkey	Burgers	Thursday	
Buns	Burgers	Thursday	
Lettuce/tom/avocado	Burgers	Thursday	
Pasta	Pasta salad	Thursday	
Dressing/sauce	Pasta salad	Thursday	
Veggies (your choice)	Pasta salad	Thursday	Make on Wednesday

Pantry			
Item	Dish	Day	Note
Sesame oil	Sesame chicken	Monday	
Rice	Rice	Monday	
Cornstarch	Sesame chicken	Monday	
Soy sauce	Sesame chicken	Monday	
Honey	Sesame chicken, peanut noodles	Monday	
Sriracha	Sesame chicken	Monday	
Creamy peanut butter	peanut noodles	Monday	
Sesame seeds	Sesame chicken	Monday	Buy in bulk section for cost savings
Popcorn	Popcorn	Friday	