**W E E K L Y *menu*week two**

nourish + splurge

**Sunday**

* Make Spiced Pumpkin Chocolate Chunk Cookies

**Monday**

* Filet, baked potatoes + easy salad
* MAKE: ranch dressing, chili if I’m feeling it

**Tuesday**

* Harissa Steak Chili

**Wednesday**

* BREAKFAST: Oatmeal
* Chicken Chow Mein

**Thursday**

* Traci’s yummy noodles

**Friday**

* Go out!

**G R O C E R Y *list***

**week two**

**FRUITS + VEGGIES**

* 3-4 heads of broccoli
* 1 bunch of bananas
* Snow peas
* Blueberries
* 4 russet potatoes
* Carrots

**DAIRY + FRIDGE SECTION**

* Greek yogurt for Ranch dressing
* Cheddar for baked potatoes + chili
* Extra-firm tofu for Thursday noodles

**MEAT**

* 5 large filets/NY
* 1 pound stewing meat (with some nice fat/marbling)

**DRY GOODS**

* Canned Pumpkin (100%, not pie filling)
* Delicious dark chocolate bars
* Chow Mein noodles
* Blue Organic Tortillas Chips (Trader Joes), to put chili on
* Rice Noodles

**FROZEN**