**W E E K L Y *menu***

nourish + splurge

**Monday**

* Greek Meatballs with Isreali Couscous, green beans
* MAKE: Pizza dough, labneh, ranch dressing, healthy oatmeal cookies

**Tuesday**

* Roast Bone-In Chicken Breasts with Croutons + roasted broccoli

**Wednesday**

* BREAKFAST: Blueberry Muffins
* Spaghetti + Meatballs (extra meatballs), mixed green salad

**Thursday**

* Roasted loaded sweet potatoes (meatballs, mozzarella, tomatoes, basil), mixed green salad

**Friday**

* Pizza + mixed green salad

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

**FRUITS + VEGGIES**

* 3-4 heads of broccoli
* 1 bunch of bananas
* Green beans
* Blueberries
* 4 sweet potatoes

**DAIRY + FRIDGE SECTION**

* Bulgarian yogurt (I’m obsessed)
* Burrata

**MEAT**

* 3 pounds ground beef (20% fat)
* 4 bone-in chicken breasts

**DRY GOODS**

* Sunflower seed oil
* Peanut Butter
* Baguette

**FROZEN**

* Mango
* Berries