

# THIS WEEK'S SPREAD

march 17th to 21st

M/ HAPPY ST. PATRICK'S DAY  
asparagus soup and BLT&A sandwiches

TU/ crockpot (or baked) mexican lasagna

W/ happy hump day!  
treat the fam to dinner or takeout.

TH/ chicken, edamame & noodle stir-fry

F/ indoor picnic (& a movie),  
wraps, fries and simple fondue

brekkie/

protein pancakes  
or oatmeal

snacks/

corn fritters  
or  
hummus w/ chips & carrots

## GET THIS

PRODUCE

GROCERIES

MEAT & DAIRY

PANTRY