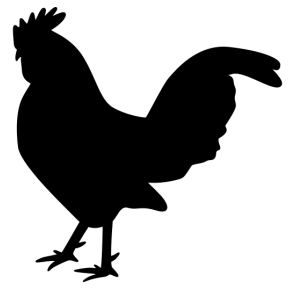


Conley Kitchen



Dinners

Mon.	Tue.S.	Wed.	Thur.	Fri.	Sat.	Sun.
Bunless Burgers Topped w/ Cheese Bacon Avocado Fried Egg Served w/ Green Beans	Sausage Or Ground Beef & Broccoli W/ Heavy Cream Cheese Sauce	Pan Seared Filet Minon Steak Served w/ Zucchini & Garlic Cheese Bread	Pollo Asada Salad W/ Sour Cream Avocado & Cheese	Chicken Drumsticks Served w/ Asparagus & Cheesy Garlic Bread	Sausage & Ground Beef Italian Casserole W/ Zucchini & Mozzarella Cheese	Buffalo Chicken Pizza

DEAR STOMACH,
YOU'RE BORED. NOT
HUNGRY. SO SHUT UP.

grocery List

Zucchini	Pollo Asada	Mozzarella cheese	Eggs
Broccoli	steak	Butter	Tomato Basil Sauce
Asparagus	ground Beef	Heavy cream	salt
Green Beans	Chicken Drumsticks	Sour cream	Pepper
Salad Mix	Sausage	Shredded cheddar cheese	Coconut Flour
	Bacon	Grated parmesan cheese	Taco Seasoning
	Shredded Chicken		Hot sauce
	Pepperoni		Avocado
			Italian Seasoning
			Garlic Powder