

MON (MEXICAN)



Steak Tacos



Mango Salsa

TUES (LEFTOVERS)



Baked Pesto Chicken



Caprese Stuffed Avacados

WED (BRINNER)



Sweet Potato Breakfast



Healthy Apple Muffins

THUR (OTHER CUISINE)



Orange Chicken and Asparagus



Lemon Rice

FRI (DATE NIGHT)



ENJOY A NIGHT OUT  
OR EAT LEFTOVERS!

WEEKEND



Crock Pot Roast with Potatoes



Dill Veggie Dip

DESSERT



Carmalitas

TIP OF THE WEEK:

Your winter season might be filled with delicious roasts, like we love in our home! When shopping for your roast this week, keep these tips in mind. Our first choice of beef is to use a chuck roast. Not only is it typically the least expensive, but the fat marbled through the roast causes it to be tender and shreds easily. Shoulder roast is similar to chuck, but it is better for serving the roast in slices. A third option would be to use a round roast.

Click on the photos for recipes or search on [lilluna.com](http://lilluna.com)

