

MON (MEXICAN)



Taco Soup



Mexican Cornbread

TUES (ITALIAN)



Baked Chicken



Panzanella Salad

WED (BRINNER)



Sweet Potato Breakfast



Bran Muffins

THUR (OTHER CUISINE)



BBQ Chicken Salad



Homemade Ranch Dressing

FRI (DATE NIGHT)



ENJOY A NIGHT OUT
OR EAT LEFTOVERS!

WEEKEND



Chicken Pot Pie



Balsamic Brussel Sprouts

DESSERT



Hot Cocoa Cheesecake Minis

TIP OF THE WEEK:

Panzanella Salad is one of the sides on the plan this week. What type of salad is this, you ask? It is basically pieces of toasted bread mixed with juicy tomatoes, cool cucumbers, and fresh basil, all drizzled with a tangy vinaigrette. It's delightful! The key to making this salad is dry, stale bread. This recipe is perfect for day old French bread, but Italian, focaccia or even sourdough bread works great too. And remember to toast the bread! Enjoy!!

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