

MON (MEXICAN)

Chicken Tacos

TUES (ITALIAN)

Garlic Butter Pasta

WED (BRINNER)

Fluffy French Toast

THUR (OTHER CUISINE)

Sweet & Sour Meatballs

FRI (DATE NIGHT)

WEEKEND

Grilled Huli Huli Chicken

SIDES

Homemade Fried Rice

Corn Salad

DESSERT

Fruit Pizza

Amp up your tacos by serving them with our **Homemade Salsa**, **Simple Guacamole**, or **Sweet Salsa Verde**. YUM!

SHOPPING LIST

PRODUCE

- Shredded Lettuce
- Diced Tomatoes
- Red Bell Pepper (1)
- Green Bell Pepper (1)
- Baby Carrots (1/2 cup)
- Shredded Carrots (1/3 cup)
- Corn, fresh or frozen (1 1/2 cups)
- Cherry Tomatoes (1 1/2 cups)
- Cucumber, diced (1/2 cup)
- Fresh fruit of choice - strawberries, blueberries, kiwi, bananas
- Green onions, sliced (2 Tbsp)
- Frozen peas, thawed (1/2 cup)

GRAINS/BREAD

- Corn Tortillas
- Bowtie Pasta (16 oz.)
- Thick Sliced Bread
- Brown rice, cooked (3 cups)

SPICES

- Salt
- Pepper
- Minced Garlic (6 tsp)
- Fresh Parsley (garnish)
- Ground Cinnamon (1/2 tsp)
- Nutmeg (1/4 tsp)
- Fresh Basil, minced (2 Tbsp)
- Ginger (2 tsp)
- Cream of Tarter (1 tsp)

CANNED GOODS

- (1) Green Chiles (4 oz)
- Sliced Olives (1/2 cup)
- Chicken Broth (1/3 cup)
- Pineapple Chunks (20 oz)

MEAT/PROTEIN

- Eggs (6)
- Cooked Chicken Breasts, shredded (2 cups)
- Boneless, Skinless Chicken Thighs (12)
- All Purpose Meatballs (25)

DAIRY

- Mexican Cheese (1 cup)
- Butter (1 1/4 cup)
- Milk (1 cup)
- Feta Cheese, crumbled (1/3 cup)
- Cream Cheese (8 oz)
- Parmesan Cheese, shredded (1/2 cup)

PANTRY ITEMS

- Vegetable Oil
- Olive Oil (3 Tbsp)
- Sesame Oil (3 Tbsp)
- All Purpose Flour (1 3/4 cup)
- Vanilla Extract (1 tsp)
- Sugar (1 1/2 cup)
- Brown Sugar (1 1/2 cup)
- Baking Soda (1/2 tsp)
- Ketchup (1 cup)
- Reduced-Sodium Soy Sauce (1 1/4 cup)
- Rice Vinegar (1/2 cup)
- Cornstarch (1 Tbsp)

OTHER

- Lime Juice (1 Tbsp)
- Italian Dressing, optional (2 Tbsp)
- Pineapple Juice (2 1/4 cup)

TIP OF THE WEEK:

Are your corn tortillas cracking when trying to make tacos?! You can flash fry them in the oil for a second or two on each side, then fill and re-fry. Pro tip: We like to use the Kroger brand of corn tortillas which don't crack easily and don't require flash frying first.

NOTES:

Click for recipes or search on lilluna.com