

MON (MEXICAN)

Frito Pie

TUES (ITALIAN)

Italian Chicken Vegetable Soup

WED (BRINNER)

Apple Pancakes

THUR (OTHER CUISINE)

Easy Beef Lo Mein

FRI (DATE NIGHT)

WEEKEND

Crock Pot Brisket

SIDES

Fried Egg Rolls

Best Mashed Potatoes

DESSERT

Scotcheroos

SHOPPING LIST

PRODUCE

- Cilantro
- Avocado
- Tomatoes
- Carrots, sliced (1 cup)
- (2) Zucchini, sliced
- (1) Granny Smith Apple
- (2) Carrots
- Broccoli (2 cups)
- Cole Slaw Mix (1/2 package)
- Potatoes (2 1/2 lbs)

GRAINS/BREAD

- Thin Spaghetti (8 oz)
- Rice Krispies Cereal (3 cups)

SPICES

- Salt (1 1/4 tsp)
- Pepper
- Minced Garlic (4 tsp)
- Garlic Powder (1 tsp)

CANNED GOODS

- (1) Green Enchilada Sauce (8 oz)
- (1) Diced Italian Tomatoes (14.5 oz)
- (1) Chicken Broth (14.5 oz)
- (1) Heinz Chili Sauce (12 oz)

MEAT/PROTEIN

- Ground Beef (1/2 lb)
- Chicken Breasts, cubed (4)
- Cooked Chicken Breasts, shredded (1 1/2)
- Egg (1)
- Beef, Flank Steak or other cut (1 lb)
- Beef Brisket (1-2 lbs)

DAIRY

- Sour Cream (1/2 cup)
- Monterrey Jack Cheese, shredded (2 cups)
- Parmesan Cheese, grated
- Milk (1 cup)
- Cream Cheese (2 oz)
- Butter (1/4 cup)
- Whipping Cream (1/4 Cup)

PANTRY ITEMS

- Olive Oil (3 1/2 Tbsp)
- Flour (1 cup)
- Brown Sugar (1/8 cup + 2 1/2 Tbsp)
- Baking Powder (2 tsp)
- Cinnamon (1/2 tsp)
- Oil (1/4 cup)
- Sesame Oil (1 tsp)
- Soy Sauce (3 Tbsp)
- Peanut Butter (1/2 cup)
- Sugar (1/2 cup)
- Light Corn Syrup (1/2 cup)

OTHER

- Taco Seasoning (1/2 packet)
- Fritos (3 1/2 cups)
- Syrup
- Beef Better Than Bullion (1 Tbsp)
- (1) Dry Lipton Onion Soup (use half a packet)
- Egg Roll Wrappers (1/2 package)
- Chocolate Chips (3/4 cup)
- Butterscotch Chips (3/4 cup)

NOTES:

TIP OF THE WEEK:

So what is brisket? Brisket is a fatty, tough cut of meat found under the first 5 ribs. Brisket is typically sold in two different cuts: flat and point. Go for the flat cut if they have it because the thick fat cap will aid in giving more flavor to your brisket. Here are a few more tips to remember when cooking up brisket: 1) Don't trim the fat until after cooking. 2) Browning the brisket before cooking isn't necessary. 3) Allow meat to rest for 10-20 minutes before cutting across the grain. 4) Try not to eat the whole slab of meat... it's addicting!

