

MON (MEXICAN)

Beef Enchiladas

TUES (ITALIAN)

Cheesy Baked Ravioli

WED (BRINNER)

Scrambled Eggs

THUR (OTHER CUISINE)

Lemon Chicken Orzo Soup

FRI (DATE NIGHT)

WEEKEND

Kalua Pork

SIDES

Healthy Apple Muffins

Perfect Baked Potatoes

DESSERT

Better Than Anything Cake

SHOPPING LIST

PRODUCE

- (1 1/2) Carrots, chopped
- (1 1/2) Celery Sticks, chopped
- (1/2) Lemon, zested
- (1/2) Lemon, sliced (garnish)
- (1) Baby Spinach Leaves (1/2 package)
- (1) Granny Smith Apple
- (4) Potatoes

GRAINS/BREAD

- Small Corn or Flour Tortillas (12)
- Cheese-Filled Ravioli (10 oz)
- Orzo Pasta (4 oz)

SPICES

- Salt (1/4 tsp)
- Pepper
- Basil, dried (1/2 tsp)
- Onion Powder (1/2 tsp)
- Garlic, minced (1 tsp)
- Thyme, dried (1/4 tsp)
- Oregano, dried (1/4 tsp)
- Kosher Salt (1 Tbsp)

CANNED GOODS

- (1) Diced Green Chiles (4 oz)
- Corn (1 cup)
- (1) Red Enchilada Sauce (20 oz)
- Pasta Sauce (13 oz)
- Chicken Broth (48 oz)
- Sweetened Condensed Milk (7 oz)

MEAT/PROTEIN

- Roast Beef, shredded & cooked (3 cups)
- Eggs (10)
- Cooked Chicken, chopped (4 oz)
- Bone-in Pork Butt or Shoulder (7 lbs)

NOTES:

DAIRY

- Cheese, shredded (3 1/4 cups)
- Mozzarella Cheese, shredded (1 cup)
- Butter (1 Tbsp)
- Heavy Cream (just under 1/4 cup)
- Parmesan Cheese, grated (1/2 cup)
- Liquid Smoke (1 Tbsp)
- Whole Milk (1/4 cup)
- Plain Yogurt (1/8 cup)

PANTRY ITEMS

- Olive Oil (3 Tbsp + 1/2 tsp)
- Vegetable Oil (1/3 cup)
- Honey (1/3 cup)
- Pure Vanilla Extract (1/4 tsp)
- Rolled Oats (1/2 cup + 1 1/2 Tbsp for topping)
- Flour (3/4 cup)
- Baking Powder (1/2 tsp)
- Baking Soda (1/2 tsp)
- Cinnamon (1/2 tsp)
- Brown Sugar (1/2 Tbsp)

OTHER

- Lemon Juice (1/8 cup)
- Bran Cereal, crushed (3/4 cup)
- Baked Potato Toppings (Ex: sour cream, butter, bacon bits, shredded cheese, etc.)
- (1) Chocolate Cake Mix (use half the mix)
- Caramel Sauce (8 oz)
- Cool Whip (use half the tub)
- Toffee Bits (1/2 cup)

TIP OF THE WEEK:



Scrambled Eggs are one of THE most versatile dishes! Not a huge fan of them plain? Add cheese, veggies, different herbs, meat, etc. Or pair them alongside pancakes, waffles, bacon or sausage. You can even add them to **Breakfast Tacos** or **Breakfast Pizza**! Quick rule of thumb: When cooking scrambled eggs (especially for larger groups), we like to plan for about 2 eggs per person. 5 people = 10 eggs, 10 people = 20 eggs, 15 people = 30 eggs, etc.

Switch things up! Try stuffing your enchiladas with leftover Kalua Pork, instead of beef. Makes for an easy (and lazy day) dinner!