

**MON (MEXICAN)**

Loaded Nachos

**TUES (ITALIAN)**

Zucchini Boats

**WED (BRINNER)**

Breakfast Pie

**THUR (OTHER CUISINE)**

Pulled Pork Sandwiches

**FRI (DATE NIGHT)**

**WEEKEND**

Cheesy Chicken Broccoli Casserole

**SIDES**

Broccoli Salad  
Watermelon

**DESSERT**

No Bake Oreo Cheesecake

Try making Watermelon Juice with any extra watermelon. It is SOOOO good! [Get the recipe HERE!](#)

**SHOPPING LIST**

**PRODUCE**

- Sweet onion (1)
- Roma Tomatoes, diced (3)
- Jalapeno, diced (1-2)
- Cilantro, chopped (1/3 cup)
- Lime (1)
- Avocado (1)
- Zucchini (3)
- Medium tomatoes, chopped (1 1/2)
- Broccoli Crowns (2 -3)
- Watermelon

**GRAINS/BREAD**

- Tortilla Chips (8 oz)
- Breadcrumbs (1/4 cup)

**SPICES**

- Salt
- Pepper
- Garlic, minced (3/4 tsp)
- Onion Powder (1/4 tsp)
- Parsley, chopped (1 1/2 Tbsp)
- Kosher Salt (1 1/2 Tbsp)

**CANNED GOODS**

- Black beans (15 oz)
- (2) Cream of Chicken Soup

**MEAT/PROTEIN**

- Eggs (3)
- Ground Beef (1 lb)
- Mild Italian Sausage (12 oz)
- Bacon, 9 slices
- Pork Butt (2-3 lbs)
- Cooked Chicken Breasts, diced or shredded (3)

**DAIRY**

- Cheddar Cheese, shredded (3 cups)
- Sour Cream
- Parmesan Cheese, grated (1/3 cup)
- Mozzarella Cheese, shaved (1/3 cup)
- Milk (3/4 cup)
- Butter (5 Tbsp)
- Cream Cheese (16 oz)

**PANTRY ITEMS**

- Olive Oil (3/4 Tbsp)
- BBQ Sauce, optional
- Reduced-Fat Mayonnaise (1 1/4 cups)
- Vinegar (1 Tbsp)
- Sugar (1 cup)
- Vanilla (1/2 tsp)

**OTHER**

- Taco Seasoning (4 oz)
- Bisquick (1/2 cup)
- Frozen, Diced Hashbrowns (1 3/4 cups)
- Liquid Smoke (1/4 cup)
- Craisins (1/4 cup)
- Shelled Sunflower Seeds (1/4 cup)
- Lemon Juice (3/4 tsp)
- Frozen Broccoli (3/4 package) - or use leftover fresh broccoli
- Oreos (1/2 package)
- Cool Whip (4 oz)

**NOTES:**

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**TIP OF THE WEEK:**

Picking out a good watermelon can be tricky! Here's a few tips to help:  
 1. Look for the large yellow spot  
 2. Listen for a hollow sound  
 3. Should feel heavy for it's size  
 4. Look for bee stings + white scars (that means it's sweet!)  
 Click [HERE](#) for even more tips on how to pick the perfect melon.



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