



WEEKLY MEAL PLAN #3

MON (MEXICAN)

Tostadas

TUES (ITALIAN)

Crockpot Spaghetti

WED (BRINNER)

Easy Pancakes

THUR (OTHER CUISINE)

Southwest Salad

FRI (DATE NIGHT)

WEEKEND

Ranch Burgers

SIDES

Caesar Salad + Homemade Dressing

Sweet Potato Fries

DESSERT

Lemon Sheet Cake

SHOPPING LIST

PRODUCE

Romaine Lettuce (1-2 heads)
Orange Bell Pepper (1)
Cherry Tomatoes, halved (1 pint)
Corn (2 cups)
Avocado, sliced (1-3)
Green Onions, optional
Cilantro (1 bunch)
Jalapeno, diced (1-3 tsp)
Sweet Potatoes (3)
Lemon, zest (2-3 tsp)

GRAINS/BREAD

Corn Tortillas (12)
Spaghetti (1/2 - 1 lb)
French Bread (1/2 loaf)

SPICES

Salt
Pepper
Italian Seasoning (1/2 tsp)
Garlic Powder (2 tsp)
Dried Basil (1/2 tsp)
Dried Oregano (1/2 tsp)
Garlic, minced (3 tsp)
Parsley (1 Tbsp)
Kosher Salt (1 Tbsp)
Paprika (2 tsp)
Cayenne Pepper (1/8 tsp)
Coriander (1/8 tsp)
Cumin (1/8 tsp)
Sea Salt Flakes, optional

CANNED GOODS

Refried Beans (3-4 cups)
(1) Tomato Sauce (29 oz can)
(1) Diced Tomatoes (14.5 oz can)
(1) Stewed Tomatoes (14.5 oz can)
(1) Tomato Paste (6 oz can)
(1) Black beans (15 oz can)

MEAT/PROTEIN

Eggs (4)
Ground Beef (1 1/2 lb)
Bulk Mild Italian Sausage (1/2 lb)
Chicken Breast, cooked & sliced (1-3)

DAIRY

Parmesan Cheese, shredded
(1/2 cup + 3 Tbsp)
Butter (8 Tbsp)
Sour Cream (1 cup)
Milk (1/2 cup + 1-2 Tbsp)
Cheddar Cheese (1 cup)
Buttermilk (1/2 cup)
Cream Cheese (2 oz)

PANTRY ITEMS

Vegetable Oil (1 3/4 cup)
Olive Oil (1/4 cup + 2 Tbsp)
Sugar (1 1/2 Tbsp)
Mayonnaise (2 3/4 cup)
Ketchup (1/4 cup)
Relish (1/4 cup)
Flour (1 1/2 cup)
Baking Powder (3 1/2 tsp)
Vanilla (1 1/2 tsp)
Corn Starch (3 Tbsp)
Powdered Sugar (1 cup)

OTHER

Tostada Toppings (Ex: Shredded Lettuce,
diced tomatoes, shredded cheese,
sour cream, etc.)

Burger Toppings (Ex: Sliced tomatoes,
pickles, cheese, lettuce, etc.)

Worcestershire Sauce (2 Tbsp + 2 tsp)
Anchovy Paste (1/2 tsp), optional
Lemon Juice, freshly squeezed (5+ Tbsp)
Syrup of choice
Ranch Dip Mix (3 Tbsp)
Hidden Valley Ranch Mix (1 package)
Lemon Cake Mix (1/2 box)
White Chocolate Instant Pudding Mix (1.5 oz)
Lemon Jello Mix (1 Tbsp)

TIP OF THE WEEK:

Level up your salads this week by using homemade croutons! They take a little more effort but yield a whole lot of YUM! All you need is 5 basic ingredients. Get the recipe [HERE](#).

NOTES:



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