

MON (MEXICAN)

Chicken Quesadillas

TUES (ITALIAN)

Chicken and Asparagus Pasta

WED (BRINNER)

Favorite Eggs & Potatoes

THUR (OTHER CUISINE)

Veggie Panini

FRI (DATE NIGHT)

WEEKEND

Dr. Pepper Ribs

SIDES

Strawberry Salsa

Baked Beans

DESSERT

Easy Strawberry Shortcake

SHOPPING LIST

PRODUCE

- Asparagus (1 bunch)
- Red Potatoes, chopped (1 1/2 lb)
- Spinich (24 leaves)
- Tomatoes, sliced (8 slices)
- Avocado, sliced (2)
- Strawberries, chopped (1 cup), sliced (1/2 quart)
- Grape Tomatoes (1/2 cup)
- Green Onions, chopped (1/8 cup)
- Cilantro, chopped (1 Tbsp)

GRAINS/BREAD

- Tortillas
- Bowtie Pasta (16 oz)
- Sourdough Bread

SPICES

- Pepper
- Coarse Salt (1/4 tsp)
- Garlic Salt (1 3/4 tsp)
- Garlic, minced (2 Tbsp + 2 tsp)
- Onion Powder (1/4 tsp)
- Garlic Powder (1/4 tsp)
- Dried Basil (1 tsp)
- Dried Oregano (1 tsp)
- Red Pepper Flakes (pinch)
- Fresh Parsley (1/4 cup)
- Dry Mustard (1 tsp)

CANNED GOODS

- Chicken Broth (1/2 cup)
- (2) Pork and Beans (30 oz)

MEAT/PROTEIN

- Eggs (8)
- Cooked Chicken Breasts, shredded (2 cup)
- Cooked Chicken Breasts, cubed (2 cup)
- Pork Ribs (2 racks)
- Bacon (6 slices)

DAIRY

- Mexican Cheese, shredded (2 cup)
- Cream Cheese (4 oz)
- Half and Half (1/3 cup)
- Parmesan Cheese, shredded (1/2 cup)
- Butter (3 Tbsp +)
- Extra Sharp Cheddar Cheese, shredded (3/4 cup)
- Colby Jack Cheese, sliced (4 slices)
- Whipped Cream (1 can)

PANTRY ITEMS

- Mayonnaise (1 cup)
- Olive Oil (1 Tbsp)
- Light Mayonnaise
- BBQ Sauce
- Balsamic Vinegar (1 Tbsp)
- Brown Sugar (3/4 cup)
- Ketchup (1/2 cup)
- Sugar (1/8 cup)

OTHER

- Taco Seasoning (1/2 tsp)
- Hot Sauce (2 tsp)
- Dr. Pepper (2 cans)
- Lime Zest (1/2 tsp)
- Lime Juice (1 Tbsp)
- Sponge Cake Dessert Cups (6 oz)

NOTES:

TIP OF THE WEEK:

Many people love savory salsa, but have you tried sweet salsa?! Our Strawberry Salsa on the meal plan this week can be served with the Chicken Quesadillas, but also tastes amazing with homemade **Cinnamon Chips!** Other ways to serve the salsa is with tacos or on top of grilled chicken or fish. Other fruity salsas you might also want to try are our **Mango Salsa** and our **Peach Salsa!** Mmmm.... Enjoy!