

MON (MEXICAN)

Bean Chimichungas

TUES (ITALIAN)

Healthy Chicken Piccata

WED (BRINNER)

Frittata

THUR (OTHER CUISINE)

Sloppy Joes

FRI (DATE NIGHT)

WEEKEND

Lemon Pepper Chicken

SIDES

Homemade Spanish Rice

Arugula Salad

DESSERT

Key Lime Cake

SHOPPING LIST

PRODUCE

Lemons, sliced
Asparagus, chopped (3/4 cup)
Onion, diced (1/3 cup)
Green Bell Pepper, diced (1/3 cup)
Cilantro (3 stems)
Arugula Leaves (4 cup)
Cherry Tomatoes (1 cup)
Avocado (1-2)

GRAINS/BREAD

Tortillas
Angel Hair Pasta
Hamburger Buns (4-6)
Steamed Rice
Long Grain Rice (1 cup)

SPICES

Salt (1 tsp)
Pepper (1/2 tsp)
Garlic, minced (3 cloves + 1/2 tsp)
Fresh Parsley (1 tbsp + garnish)
Seasoned Salt (1/2 tsp)
Lemon Pepper Seasoning (1 Tbsp)
Chicken Bullion Cube (1)
Cumin
Garlic Pepper

CANNED GOODS

Refried Beans (1/2 can)
RO*TEL (1/4 can)
Chicken Broth (2 cups)
Capers (1/2 Tbsp)
(1) Tomato Sauce (8 oz can)
Beef Broth (1/8 cup)

MEAT/PROTEIN

Eggs (9)
Egg Whites (1)
Chicken Breasts, boneless, skinless (2.25 lbs)
Ham, chopped (3/4 cup)
Ground Beef (3/4 lb)

DAIRY

Monterey Jack Cheese, shredded
Unsalted Butter (1 Tbsp)
Butter (3 Tbsp)
Plain Greek Yogurt (1 Tbsp)
Parmesan Cheese, grated (1 oz)
Parmesan Cheese, shavings (1/4 cup)
Sour Cream (3/4 cup)
Whipped Topping (2 cups)

PANTRY ITEMS

Vegetable Oil (1/2 cup + 2 Tbsp)
Olive Oil (3-4 Tbsp)
Flour (3/4 cup)
Ketchup (1/4 cup)
BBQ Sauce (1/4 cup)
Apple Cider Vinegar (1 tsp)
Dijon Mustard (1 tsp)
Brown Sugar (1 Tbsp)
Rice Vinegar (1 Tbsp)
Sugar (3 Tbsp)

OTHER

Velveeta (4 oz)
Lemon Juice (1/3 cup)
Chili Sauce (1 Tbsp)
Pine Nuts (1/4 cup)
Cake Mix, yellow, vanilla or white (1 box)
Lime Zest (3 Tbsp)
Lime Juice (1/3 cup + 3 Tbsp)

TIP OF THE WEEK:

Frittata 101: A frittata is made of egg and fillings mixed together in a cast iron skillet. It is started on the stove top then finishes cooking in the oven. Feel free to get creative with your additions + change it up! Any additions need to be sautéed before adding it to the egg mixture. Especially ingredients with a higher water content like tomatoes, mushrooms, potatoes and onions. If you fail to precook, then the liquid from the produce will make your egg custard too watery and it may not set correctly. Pre-cook your meats for the same reason.

Try serving your Frittata with **Fresh Fruit** or a delicious **Yogurt Parfait!**