

MON (MEXICAN)

Mexican Lasagna

TUES (ITALIAN)

Pesto Gnocchi

WED (BRINNER)

Biscuits and Gravy

THUR (OTHER CUISINE)

Cobb Salad

FRI (DATE NIGHT)

WEEKEND

Teriyaki Chicken Burgers

SIDES

Cheesy Garlic Bread

Homemade French Fries

DESSERT

Brownie Delight

SHOPPING LIST

PRODUCE

- Cilantro (1/4 cup)
- Zucchini, diced (1 cup)
- Yellow Pepper, chopped (1/2 cup)
- Tomatoes, chopped (1 cup)
- Romaine hearts, chopped (6 cup)
- (1) Avocado
- Cherry Tomatoes, cut in half (1/2 cup)
- Corn (1 cup)
- (2) Green Onions, sliced
- Russet Potatoes (2 1/2 lbs)

GRAINS/BREAD

- Flour Tortillas (6)
- Potato Gnocchi (16 oz)
- (1) Buttermilk Biscuits (16 oz)
- Hamburger Buns
- Italian Bread or French Bread (1/2 loaf)

SPICES

- Garlic Powder (1/2 tsp)
- Cumin (1/4 tsp)
- Chili Powder (1/2 tsp)
- Salt (1/2 tsp)
- Pepper
- Sea Salt
- Garlic, minced (1 tsp)
- Parsley (1 tsp)

CANNED GOODS

- (1) Black Beans, drained and rinsed (15 oz, use a half can)
- (1) Corn, drained and rinsed (15 oz, use a half can)
- Las Palmas Green Enchilada Sauce (3/4 cup)
- DOLE Pineapple Slices (20 oz)

MEAT/PROTEIN

- Cooked Chicken Breasts, shredded (1/2 lb)
- Cooked Chicken Breast, cubed (1 breast)
- Chicken Breasts (4-6)
- Jimmy Dean Sausage Roll (1)
- Eggs, boiled (2)
- Bacon (4 slices)

DAIRY

- Sour Cream (8 oz)
- Mexican Blend Cheese, shredded (4 oz)
- Parmesan Cheese, shredded
- Milk (3 cup)
- Cheddar Cheese, cubed (1/2 cup)
- Butter, softened (1/4 cup)
- Colby Jack Cheese, shredded (1 cup)
- Cream Cheese, softened (6 oz)

PANTRY ITEMS

- Olive Oil (2 tsp)
- Flour (1 cup)
- Vegetable Oil or Peanut Oil (for frying)
- Powdered Sugar (1 cup)

OTHER

- Pesto Sauce (1/4 cup)
- Pine Nuts, toasted
- Ranch Dressing
- Teriyaki Sauce (1 cup)
- Burger Toppings (Ex: Sliced tomatoes, Swiss cheese, lettuce, mayo, etc.)
- Italian Dressing (1/3 cup)
- Brownie Mix (10 oz)
- Frozen Whipped Topping (8 oz)
- Instant White Chocolate Pudding Mix
- Chocolate Curls

TIP OF THE WEEK:

Ever heard of (or tried) Gnocchi before? Gnocchi are a traditional Italian potato dumpling that are small, thick and soft. They are typically made from potatoes, semolina or flour and served with a sauce. This week's meal plan includes our Pesto Gnocchi which is insanely good! Love pesto? [Click HERE](#) for even more yummy pesto dishes.

NOTES:

Make sure to use a quality Ranch Dressing on this week's Cobb Salad. Our very favorite is homemade! To take your salad to the next level, try our **Homemade Ranch Dressing**, **Homemade Caesar Dressing** or our **Cilantro Ranch Dressing**. You can't go wrong with any of them!

 Click for the recipes or search on lilluna.com