Lil' Luna
· ALL THINGS GOOD ·

MON (MEXICAN)

Healthy Chicken Tortilla Soup

TUES (ITALIAN)

Italian Sausage Pasta

WED (BRINNER)

Sweet Potato Breakfast

THUR (OTHER CUISINE)

Crescent Roll Chicken Bundles

FRI (DATE NIGHT)

WEEKEND

Crock Pot Mongolian Beef

SIDES

Zucchini Bread

Cream Cheese Wontons

DESSERT

Pumpkin Chocolate Chip Cookies

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SHOPPING LIST

PRODUCE
Onion, chopped, optional
Sweet Potatoes (2)
White Sweet Potato (1)
Red Bell Pepper (1/4 pepper)
Green Bell Pepper (1/4 pepper)
Green Onions (1-1/2), optional
Carrot (1)
Asparagus (1/4 bundle)
Zucchini, grated (1 cup)

GRAINS/BREAD
Corn Tortillas
Bow Tie Pasta (16 oz)

SPICES
Onion Powder (1/2 tsp)
Garlic, minced (1 Tbsp + 5 1/2 tsp)
Chili Powder (1/4 tsp)
Salt (3 tsp)
Pepper
Basil, dried (1/4 tsp)
Red Pepper Flakes, optional
Sea Salt (1 1/2 tsp)
Garlic Salt
Ginger, minced (1/2 tsp)
Lemon Pepper (1 tsp)
Garlic Pepper (1/2 tsp)
Paprika (1 tsp)
Nutmeg, pinch, optional
Cloves, pinch, optional

DAIRY
Shredded Cheese (1/2 cup)
Heavy Whipping Cream (1 1/2 cup)
Parmesan Cheese, shredded (1 cup)
Cream Cheese (8 oz)

CANNED GOODS
(1) Enchilada Sauce (10 oz)
(1) Chicken Broth (14.5 oz)
(1 1/2) Diced Tomatoes (15 oz)
(1) Black Beans
(1) Diced Green Chiles
(1) Corn (15 oz)
(2) Italian Stewed Tomatoes
(1) Cream of Chicken Soup
Beef Broth (1/2 cup)
Pumpkin (1/2 cup)

MEAT/PROTEIN
Chicken (1 lb)
Mild Bulk Italian Sausage (1 lb)
Eggs (6)
Cooked Chicken, shredded (1-1/2 cup)
Flank Steak, thinly sliced (2 lb)

PANTRY
Oil for frying
Olive Oil (2 Tbsp)
Vegetable Oil (3/4 cup)
Cornstarch (1/4 cup)
Soy Sauce (1/2 cup)
Brown Sugar (1 1/4 cup)
Flour (2 1/2 cup)
Baking Soda (1 tsp)
Baking Powder (1 1/2 tsp)
Cinnamon (1/2 Tbsp + 1 tsp)
Vanilla (2 tsp)
Sugar (1 cup)

OTHER
(1) Pillsbury Crescent Roll Dough (8 oz)
Italian Dressing Mix (1/2 packet)
Walnuts, chopped, optional
Egg Roll or Wonton Wrappers
Chocolate Chips (1/2 cup semisweet, 1/2 cup milk)

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TIP OF THE WEEK:

When making the Zucchini Bread this week, remember not to overmix the batter. Just a few quick stirs is all it takes to combine the final ingredients. If you over-mix, you'll end up with a dense bread, and that's definitely not what you want. The same rule applies when making pancakes, muffins, and many other quick bread recipes including our **Pumpkin Banana Bread** or **Almond Poppyseed Bread**.