

**MON (MEXICAN)**

Steak Fajitas

**TUES (ITALIAN)**

Parmesan Chicken Manicotti

**WED (BRINNER)**

Healthy Egg Muffins

**THUR (OTHER CUISINE)**

Cheesy Potato Soup

**FRI (DATE NIGHT)**

**WEEKEND**

Smothered Pork Chops

**SIDES**

Kale Salad

Bread Bowls

**DESSERT**

Pumpkin Crunch Cake

**SHOPPING LIST**

**PRODUCE**

Cilantro, chopped (1/4 cup)  
Red Bell Pepper (1)  
Green Bell Pepper (1)  
Yellow Bell Pepper (1)  
Anaheim Pepper (1)  
Yellow Onion (1)  
Breakfast Veggies (Ex: peppers, spinach, etc.)  
Green Onions, optional garnish  
Kale, chopped (6 cups)  
Apple (1)

**GRAINS/BREAD**

Corn or flour tortillas  
Manicotti (14 pieces)

**SPICES**

Garlic, minced (5 cloves)  
Chili Powder (2 tsp)  
Cumin (2 tsp)  
Coriander (1 tsp)  
Smoked Paprika (1 tsp)  
Garlic Powder (2 1/2 tsp)  
Red Pepper Flakes (1/8 tsp)  
Oregano (2 tsp)  
Italian Seasoning (1 tsp)  
Garlic Pepper (1 tsp)  
Paprika (1 tsp)  
Parsley (1/2 tsp)  
Cayenne (1/4 tsp)  
Thyme, fresh (1 tsp)  
Kosher Sea Salt (3/4 tsp)  
Pumpkin Pie Spice (2 tsp)

**CANNED GOODS**

(1) Crushed Tomatoes  
(1/2 can) Cream of Celery  
(1) Cream of Chicken  
(1/2 can) Pumpkin Puree (15 oz)  
Evaporated Milk (6 oz)

**MEATS/PROTEIN**

Skirt or Flank Steak (2 lb)  
Chicken, shredded (1 cup)  
Eggs (9)  
Lean Meat (Ex: low-fat turkey, turkey bacon, turkey sausage) (1/4 cup)  
Bacon (6+ strips), crumbled  
Pork Chops (4)

**DAIRY**

Ricotta Cheese (2 cups)  
Parmesan Cheese, shredded (2 cups)  
Colby Jack Cheese (1 cup)  
Salted Butter (2 Tbsp)  
Unsalted Butter (1/2 cup + 5 Tbsp)  
Half & Half (1 1/2 cup)  
Cheddar Cheese, grated (3/4 cup)  
Heavy Cream (3/4 cup)

**PANTRY ITEMS**

Canola Oil (8 Tbsp)  
Flour (1/2 cup)  
Olive Oil (1/4 cup)  
Dijon Mustard (1 tsp)  
Apple Cider Vinegar (3 Tbsp)  
Instant Yeast (3/4 Tbsp)  
Sugar (1/2 cup + 2 Tbsp)  
Bread Flour (4 cup)

**OTHER**

Worcestershire Sauce (1 Tbsp)  
Lime Juice (1/4 cup)  
Orange or Pineapple Juice (1/4 cup)  
(1/2 bag) Frozen Hashbrowns, cubed (32 oz)  
White Wine (1/3 cup), optional substitution:  
Chicken Broth  
Lemon Juice (1/4 cup)  
Lemon Zest (2 tsp)  
Candied Pecans (2/3 cup)  
Dried Cranberries (1/4 cup)  
Whole Grain Dijon Mustard (2 tsp)  
Maple Syrup (2 Tbsp)  
Apple Cider or Juice (3 Tbsp)  
Yellow Cake Mix (1/2 box)  
Pecans (1/2 cup)  
Whipped Topping (1/2 tub)

**TIP OF THE WEEK:**

There's nothing as cozy on a chilly night as warm soup in a bread bowl! And it's easier to make than you think! A few tricks to keep in mind -- Remember to "score" the dough to ensure even rising, use an egg wash before baking to create that crisp shiny finish. Don't throw away the inside of the bread bowl. After scooping out the middle, use that bread to make crumbs or croutons for other recipes!

 Click for the recipes or search on [lilluna.com](http://lilluna.com)

Pumpkin season is in full swing over here! Check out even more of our festive pumpkin dishes (including breakfasts, desserts, sides, and more) [HERE!](#)

**NOTES:**

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