

MON (MEXICAN)

Beef Empanadas

TUES (ITALIAN)

Halloween Flatbread Pizza

WED (BRINNER)

Pumpkin Waffles

THUR (OTHER CUISINE)

Best Chili Recipe

FRI (DATE NIGHT)

WEEKEND

Chicken Pot Pie

SIDES

Pumpkin Guacamole

Sour Cream Cornbread

DESSERT

Boo-nilla Ghost Milkshakes

 Click for the recipes or search on lilluna.com

It should be no surprise that we LOVE Halloween! From the parties to the food, we're obsessed. Check out all of our fun Halloween ideas [HERE!](#)

SHOPPING LIST

PRODUCE

- Potato (1)
- Carrots, sliced (1 cup)
- Corn (1/2 cup)
- Avocados (3)
- Red Onion, chopped (1 cup)
- Tomato (1)
- Cilantro (1/2 bunch)
- Jalapeno (1)

GRAINS/BREAD

- Flatout Light Original (3)

SPICES

- Salt
- Pepper
- Pumpkin Pie Spice (2 tsp)
- Cumin (1 Tbsp)
- Chili Powder (1 Tbsp)
- Paprika (1/2 tsp)
- Garlic Salt (1 tsp)
- Garlic, minced (1 tsp)

CANNED GOODS

- (1) Red Enchilada Sauce
- (1) Olives, sliced
- Pizza Sauce (1/2 cup)
- (1) Pumpkin Puree (15 oz)
- (2) Diced tomatoes/ROTEL
- (2) Tomato Sauce (8 oz)
- (1) Kidney Beans
- (1) Black Beans
- Chicken Broth (2 cups)
- (1) Creamed Corn (15 oz)

MEAT/PROTEIN

- Roast Beef, cooked (1 1/4 lb)
- Pepperoni
- Eggs (7)
- Ground Beef (1 lb)
- Cooked Chicken, cubed (2 breasts)

DAIRY

- Parmesan Cheese, grated (1/4 cup)
- String Cheese
- Butter, melted (1/4 cup)
- Buttermilk (1 3/4 cup)
- Butter (2 Tbsp)
- Milk (2/3 cup)
- Sour Cream (1 cup)
- Whole Milk (1 3/4 cup)
- Heavy Cream (1 cup)

PANTRY ITEMS

- Flour (6 cup)
- Baking Powder (1 1/2 Tbsp + 2 tsp)
- Shortening (1/4 cup)
- Oil for frying
- Cinnamon (1/2 tsp)
- Baking Soda (1/2 tsp)
- Brown Sugar (1/4 cup)
- Vanilla (3 1/2 tsp)
- Canola Oil (1/4 cup)
- Yellow Cornmeal (2/3 cup)
- Sugar (1/2 cup)
- Powdered Sugar (3 Tbsp)

OTHER

- Frozen Peas (1 cup)
- (2) Pie Crusts, unbaked (9 inch)
- Juice of 1 lime
- Green Tabasco Sauce
- Pumpkin for decor
- Vanilla Bean Ice Cream (4 cups)

TIP OF THE WEEK:



Guacamole is a side this week! It is so tasty and colorful.... until it comes time to store it. Anyone else feel me? Here are a few tips to help keep your guac fresh and not turn brown so quickly. 1) Use fresh, barely ripe avocados so they last longer. 2) Press guac into a bowl so it's flat and level. Place a piece of plastic wrap on top and press the edges of the plastic along the sides of the bowl. Cover. 3) Some people even like to add a thin layer of water, lime juice or sour cream on top. Pour off excess liquid or scrape off cream before serving.

NOTES:
