

MON (MEXICAN)

Dorito Casserole

TUES (ITALIAN)

Crockpot Spinach Tortellini Soup

WED (BRINNER)

Chorizo and Eggs

THUR (OTHER CUISINE)

Orange Chicken

FRI (DATE NIGHT)

WEEKEND

Prime Rib

SIDES

Fall Fruit Salad

Oven Roasted Red Potatoes

DESSERT

Pumpkin Brownies

SHOPPING LIST

PRODUCE

- Cilantro, optional
- Tomatoes, optional
- Avocado, optional
- (1 bag) Fresh Spinach (10 oz)
- Green Onions, garnish
- Orange (1)
- Pineapple (1)
- Seedless grapes (1 cup)
- Apple, cubed (1)
- Baby Red Potatoes (1 1/2 lb)

GRAINS/BREAD

- Cheese Tortellini (20 oz)
- Flour Tortillas

SPICES

- Cumin (1 tsp)
- Oregano (1 tsp)
- Garlic Salt (1 tsp)
- Salt (1 1/2 tsp)
- Pepper (1 tsp)
- Ginger (1/2 tsp)
- Minced Garlic (5 cloves + 1 tsp)
- Red Chili Flakes (1/2 tsp)
- Dried Thyme (1 tsp)
- Dried Parsley (1 tsp)
- Cinnamon (3/4 tsp)
- Cloves (1/2 tsp)
- Nutmeg (1/2 tsp)

CANNED GOODS

- Green Enchilada Sauce (8 oz)
- (2) Italian Style Diced Tomatoes (14.5 oz)
- Chicken Broth (6 cup)
- Pumpkin Puree (1/2 cup)

MEAT/PROTEIN

- Ground Beef (1/2 lb)
- Chorizo (1 lb)
- Eggs (12)
- Boneless, Skinless Chicken Breasts (4)
- Prime Rib Roast (5 lb)

DAIRY

- Sour Cream (1/2 cup)
- Monterrey Jack Cheese (2 cup)
- Cream Cheese (8 oz)
- Butter, melted (3/4 cup)

PANTRY ITEMS

- Sugar (2 1/2 cup)
- Rice Vinegar (1/4 cup)
- Soy Sauce (4 Tbsp)
- Cornstarch (2/3 cup + 2 Tbsp)
- Flour (1 1/2 cup)
- Oil, for frying
- Olive Oil (3 Tbsp)
- Honey (1/2 Tbsp)
- Baking Powder (1/2 tsp)
- Vanilla (2 tsp)
- Cocoa Powder (1/4 cup)

OTHER

- Taco Seasoning (1/2 packet)
- Nacho Cheese Doritos (3 cups)
- Orange Juice (1 1/2 cup)
- Orange zest from 2 oranges
- Orange Poppyseed Dressing (1)
- Poppy Seeds (1/4 tsp)
- Semi Sweet Chocolate Chips (1/2 cup)
- Walnuts, chopped (1/2 cup)

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NOTES:

TIP OF THE WEEK:

Don't be intimidated by this week's Prime Rib! An extra little tip: When purchasing a prime rib roast, plan on one pound per person, or two people per rib bone. Look for well marbled meat as the fat will ensure a juicy flavorful roast. Also, consider having the butcher tie the rib bones to create a rack for the meat to stand on when cooking. You can also buy boneless prime rib roast (Eye of the Rib Roast or sometimes Ribeye Roast). Keep in mind this will change the cook time in most recipes and the lack of bones may affect the overall depth of flavor.