

**MON (MEXICAN)**

**Chili's Chicken Enchilada Soup**

**TUES (ITALIAN)**

**Zucchini Chicken Alfredo Roll-Ups**

**WED (BRINNER)**

**Spinach Quiche**

**THUR (OTHER CUISINE)**

**Indian Fry Bread**

**FRI (DATE NIGHT)**

**WEEKEND**

**Macaroni and Cheese with Ham**

**SIDES**

**Cinnamon Sugar Pumpkin Muffins**

**Roasted Broccoli**

**DESSERT**

**Rice Pudding**

**SHOPPING LIST**

**PRODUCE**

- Tomatoes, garnish
- Zucchini, large (1)
- Lettuce
- Pumpkin, mashed & cooked (1 cup)
- Broccoli Heads (3)
- Frozen Spinach, thawed & drained (10 oz)

**GRAINS/BREAD**

- Masa Harina Corn Tortilla Mix (1 cup)
- Corn Tortilla Strips, garnish
- Wide Egg Noodles (12 oz)
- Medium Grain White Rice (3/4 cup)

**SPICES**

- Minced Garlic (9 tsp)
- Salt (2 1/4 tsp)
- Pepper
- Onion Powder (2 tsp)
- Chili Powder (1/2 tsp)
- Cumin (1/2 tsp)
- Parsley (1 Tbsp + 1 tsp)
- Garlic Salt (2 1/4 tsp)
- Basil (1/2 Tbsp)
- Cinnamon (1 3/4 tsp)
- Nutmeg (1/2 tsp)

**CANNED GOODS**

- (2 cans) Chicken Broth
- Mild Red Enchilada Sauce (1 cup)
- Alfredo Sauce (2 cup)

**MEAT/PROTEIN**

- Chicken Breasts, cooked & cubed (3)
- Shredded chicken (2 cup)
- Pinto Beans, soaked overnight (2 cup)
- Hamburger (1 lb)
- Ham Cubes (6 oz)
- Eggs (7)

**DAIRY**

- Mozzarella Cheese, shredded (1 3/4 cup)
- Parmesan Cheese, shaved (1 cup)
- Parmesan Cheese, grated (1 cup)
- Butter (3/4 cup + 4 Tbsp)
- Sour Cream
- Heavy Cream (1 1/2 cup)
- Whole Milk (3 cup)
- Italian Cheese (3 1/2 cup)
- Cream Cheese (4 oz)
- Half and Half (3 cup)
- Cheddar Cheese (1/2 cup)
- Herb & Garlic Feta (6 oz)

**PANTRY ITEMS**

- Flour (4 cup + 2 Tbsp)
- Baking Powder (1 Tbsp + 3 tsp)
- Oil, for frying
- Sugar (1 1/2 cup)
- Olive Oil (1/2 cup)
- Vanilla (1/2 tsp)

**OTHER**

- Velveeta Cheese (16 oz)
- Lemon Juice (2 Tbsp)
- (1) Pie Crust, unbaked

**NOTES:**

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**TIP OF THE WEEK:**

Have you had Indian Fry Bread before? Maybe you've heard them called "Navajo Tacos", "Indian Bread" or "Pop-Overs." We love these served with hamburger and beans, topped with lettuce, tomatoes and sour cream. You can also turn them into a sweet treat by pouring honey over the top or dusting with powdered sugar. Mmmm!



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