WEEKLY MEAL PLAN #20



SERVES 4-6

MON (MEXICAN)

Buffalo Chicken Taquitos

TUES (ITALIAN)

Ultimate Chicken Caesar Salad

WED (BRINNER)

Biscuit Egg Casserole

THUR (OTHER CUISINE)

Roasted Turkey

FRI (DATE NIGHT)

WEEKEND

Slow Cooker Pork Chops

SIDES

Green Bean Casserole

Homemade Dinner Rolls

DESSERT

Homemade Pumpkin Pie



Click for the recipes or search on lilluna.com

SHOPPING LIST

PRODUCE

Romaine Lettuce or Salad Greens (6 cup) Cherry Tomatoes (1 cup) Celery (3 stalks) Onion, chopped (1/4 onion) Carrots, peeled & chopped (2) Garlic, peeled (1 head) Apples (1)

GRAINS/BREAD

Fajita-Size Flour Tortillas (5) Croutons (1 cup)

SPICES

Salt
Pepper
Granulated Garlic (1/2 Tbsp)
Kosher Salt (1 tsp)
Ground Mustard (1/2 tsp)
Garlic Pepper (1/2 tsp)
Seasoned Salt (1/2 tsp)
Cinnamon (1 tsp)
Nutmeg (1/2 tsp)
Ground Cloves (1/4 tsp)

CANNED GOODS

Chicken Broth (1 cup + 1 14.5 oz can) (2) French-style Green Beans (14.5 oz) (1) Cream of Chicken Soup (1) Cream of Mushroom Soup Canned Pumpkin (14.5 oz)

Evaporated Milk (1 1/2 cups)

MEAT/PROTEIN

Cooked Chicken Breast, shredded (1 cup), whole (1 breast) Bacon, cooked & crumbled (3) Eggs, boiled (3) Eggs (8) Jimmy Dean Pre-cooked Sausage Crumbles (1/2 package) Turkey, thawed Boneless Pork Chop Loins (4)

It's Thanksgiving and we have so many amazing recipes, tips for food preparation, and tricks to make your holiday low stress and enjoyable! From fun appetizers to the yummiest desserts to ALL of the sides you need, we've got you covered. Check them all out HERE!

DAIRY

Cream Cheese (2 oz)
Cheddar Cheese, shredded (3/4 cup)
Blue Cheese, crumbled (1/8 cup)
Parmesan Cheese, grated (1 Tbsp)
Parmesan Cheese, shaved (2 Tbsp)
Mozzarella Cheese, shredded (1/2 cup)
Milk (1 3/4 cup)
Butter (3 Tbsp)
Compound Butter (1 1/2 Tbsp)

PANTRY ITEMS

Flour (5 1/2 cup)
Canola Oil (2 Tbsp)
Rapid Rise Yeast (1 Tbsp)
Sugar (1 1/4 cup + 1/2 tsp)
Vegetable Oil (1/2 cup)
Molasses (1/4 cup)
Dijon Mustard (1 Tbsp)

OTHER

Buffalo Sauce (1 Tbsp)
Caesar Salad Dressing
Grand Biscuits (1/2 can)
French Fried Onions (1 1/2 oz)
Pie Crust, unbaked (1)

NOTES:		



TIP OF THE WEEK:

Get creative with how you prepare and serve that leftover turkey, stuffing, etc. this year. Try using it in a recipe like our **Thanksgiving Leftover Casserole**, **Turkey Tetrazzini** or **Turkey Noodle Soup**.