

MON (MEXICAN)

Taco Soup

TUES (ITALIAN)

Lemon and Asparagus Pasta

WED (BRINNER)

Western Omelette

THUR (OTHER CUISINE)

Kung Pao Chicken

FRI (DATE NIGHT)

WEEKEND

Easy Meatloaf

SIDES

Sweet Honey Muffins

Crockpot Scalloped Potatoes

DESSERT

Sweet Chex Mix

SHOPPING LIST

PRODUCE

- Asparagus (1/2 bunch)
- Green Bell Pepper (1/2)
- Red Bell Pepper (1/2)
- Scallions, garnish
- Green Onions, chopped (3 Tbsp)
- Onion, diced (1/8 cup)
- Russet Potatoes (2 1/2)

GRAINS/BREAD

- Penne Pasta (1 1/2 cup)
- Rice, cooked (4 cups)
- Bread Slices, crumbled (2)
- Rice Chex Cereal (1 1/2 cup)
- Corn Chex Cereal (1 1/2 cup)
- Golden Grahams Cereal (2 cup)

SPICES

- Salt
- Pepper
- Garlic, minced (1 1/2 cloves + 4 tsp)
- Garlic salt (1 tsp)
- Crushed Red Pepper Flakes (1/4 - 1 1/2 tsp)
- Ginger (1/2 tsp)
- Dry Mustard (1/2 tsp)
- Dry Minced Onion (1/2 Tbsp)

CANNED GOODS

- (3) Chili with Beans
- (1) Black Beans (15 oz)
- (1) Tomato Sauce (15 oz)
- (1) Diced Tomatoes (15 oz)
- (1) Corn (15 oz)
- Diced Green Chiles (4 oz)

MEAT/PROTEIN

- Eggs (14)
- Ham, boiled (6 oz)
- Boneless Chicken Breast, cubed (1 lb)
- Ground Beef (1 lb)

DAIRY

- Whole Milk (2 cup)
- Parmesan Cheese, grated (1/2 cup)
- Parmesan Cheese, shaved (1/3 cup)
- Unsalted Butter (4 Tbsp)
- Monterrey Jack Cheese, grated (1/2 cup)
- Butter, melted (3/4 cup)
- Heavy Whipping Cream (3/4 cups)
- Cheddar Cheese, shredded (1/2 cup)

PANTRY ITEMS

- Dijon Mustard (2 tsp)
- Flour (2 cups + 2 tsp)
- Olive Oil (1 tsp)
- Cornstarch (1 Tbsp)
- Light Sesame Oil (2 tsp)
- Rice Wine Vinegar (2 tsp)
- Soy Sauce (2 Tbsp)
- Sugar (1 cup + 2 tsp)
- Ketchup (1/4 cup)
- Brown Sugar (1/6 cup)
- Baking Powder (3 tsp)
- Agave or Honey (1/4 cup)
- Light Corn Syrup (1/2 cup)
- Vanilla (1/2 tsp)

OTHER

- Ranch Dressing Mix (3 Tbsp)
- Taco Salad Seasoning (3 Tbsp)
- Taco Soup Toppings (Ex: sour cream, tortilla strips, cilantro, etc.)
- Lemon Juice (2 Tbsp + 1 1/2 tsp)
- Lemon Zest (1 tsp)
- Dry Roasted Peanuts (1/3 cup)
- Beef Bullion Cube, crushed (1/2 cube)
- Sliced Almonds (3/4 cup)
- Shredded Sweetened Coconut (1 cup)

NOTES:

TIP OF THE WEEK:

Kung Pao Chicken is a favorite stir fry dish over here. It does have a bit of a spicy kick to it. You can adjust the heat/spice level in this recipe by increasing or decreasing the amount of red pepper flakes listed. For even more heat, try using cayenne powder. For even less heat, you can omit the red pepper flakes or substitute the chili flakes with sweet chili garlic paste.



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