

**MON (MEXICAN)**

Slow Cooker Chicken Tacos

**TUES (ITALIAN)**

Tomato Tortellini Soup

**WED (BRINNER)**

Belgian Waffles

**THUR (OTHER CUISINE)**

French Dip Sandwiches

**FRI (DATE NIGHT)**

**WEEKEND**

Chicken Cordon Bleu Casserole

**SIDES**

Sour Cream Rice

Baked Zucchini Chips

**DESSERT**

Cookie Bars

**SHOPPING LIST**

**PRODUCE**

Cilantro (1/4 cup + 1 1/2 Tbsp)  
Zucchini (2)

**GRAINS/BREAD**

Cheese Tortellini (20 oz)  
Crusty Hoagie Buns (4)  
Panko Bread Crumbs (3/4 cup)  
Long Grain Rice, uncooked (1/2 cup)  
Bread Crumbs (1/4 cup)

**SPICES**

Garlic Salt (1 1/4 tsp)  
Pepper  
Onion Powder (1 1/2 tsp)  
Garlic Powder (2 1/4 tsp)  
Dried Basil (1 tsp)  
Salt (1 tsp)  
Dried Rosemary (1 tsp)  
Dried Thyme (1 tsp)  
Bay Leaf (1)  
Paprika (1/4 tsp)  
White Pepper (1/8 tsp)  
Seasoning Salt (1/2 tsp)  
Parsley (3/4 tsp)

**CANNED GOODS**

Salsa (8 oz)  
Tomato Soup (21 oz)  
Vegetable Broth (2 cup)  
Oil-Packed Sun-Dried Tomatoes, chopped (1/2 cup)  
(1) Beef Broth (15 oz)  
Chicken Broth (7 oz)  
Green Chiles (2 oz)  
Corn (7 oz)

**MEAT/PROTEIN**

Chicken Breasts (1 1/2 lb)  
Eggs (3)  
Rib Eye Beef Roast (3-4 lb)  
Chicken, cooked and cubed (2 cups)  
Honey Ham (1/4 lb)

**DAIRY**

Milk (6 cup)  
Half and Half (2 cup)  
Parmesan Cheese (1 1/4 cup)  
Provolone Cheese (8 slices)  
Baby Swiss Cheese (1/8 lb)  
Butter (1/2 cup + 6 Tbsp)  
Sour Cream (1/2 cup)  
Monterrey Jack Cheese, shredded (1/2 cup)

**PANTRY ITEMS**

Flour (3 cup + 2 Tbsp)  
Baking Powder (4 1/2 tsp)  
Sugar (1/4 cup)  
Vegetable Oil (1/2 cup)  
Vanilla (2 tsp)  
Soy Sauce (1/2 cup)  
Dijon Mustard (1/2 Tbsp)  
Brown Sugar (1 cup)  
Baking Soda (1/8 tsp)

**OTHER**

Lime Juice (1/8 cup)  
Taco Seasoning (1/2 package)  
Lemon Juice (1 Tbsp)  
Chocolate Chips (3/4 cup)



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

**NOTES:**

---



---



---



---



**TIP OF THE WEEK:**

Chocolate Chip Cookie Bars are a family favorite! We like to call them "Pan Chewies." They are a great dessert for a gathering and might we HIGHLY recommend enjoying them with some ice cream and our homemade **Hot Fudge Sauce**. It's to die for!

We LOVE French Dip Sandwiches, especially when needing to use up any leftover roast. Pro tip: make sure that you use a good quality, sturdy bun found in the bakery of your local grocery store. No soft hamburger buns/rolls or else they will turn really soggy when dipping in that delicious au jus! Trust us!