

**MON (MEXICAN)**

**Tamale Pie**

**TUES (ITALIAN)**

**Chicken Gnocchi Soup**

**WED (BRINNER)**

**Avocado Eggs**

**THUR (OTHER CUISINE)**

**Pepper Steak**

**FRI (DATE NIGHT)**

**WEEKEND**

**Crockpot Ranch Chicken**

**SIDES**

**Cauliflower Fried Rice**

**Asparagus Salad**

**DESSERT**

**Andes Mint Cookies**

**SHOPPING LIST**

**PRODUCE**

- Carrots (1 1/2 large carrots + 1 cup)
- Broccoli Chunks (1/2 - 1 cup)
- Spinach (1/2 cup)
- Avocado (2)
- Tomatoes (2)
- Green Peppers (2)
- Peas, frozen (1 cup)
- Green Onions (3)
- Riced Cauliflower (10 oz)
- Asparagus (1 bundle)
- Cherry Tomatoes (1 package)

**GRAINS/BREAD**

Corn Muffin Mix (plus ingredients on the box, use half the batter)

**SPICES**

- Chili Powder (1/2 tsp)
- Cumin (1/2 tsp)
- Garlic, minced (1 clove + 4 tsp)
- Thyme (1/2 Tbsp)
- Nutmeg, dash
- Salt
- Pepper
- Ginger (1 1/4 tsp)
- Basil

**CANNED GOODS**

- Red Enchilada Sauce (5 oz)
- Green Chiles (4 oz)
- Cream of Chicken Soup

**MEAT/PROTEIN**

- Ground Beef (1/2 lb)
- Chicken Breasts, cooked & cubed (1 1/2 - 2)
- Eggs (7)
- Bacon, cooked & crumbled (2 pieces)
- Round Steak (1 1/2 lb)
- Chicken Thighs or Breasts, boneless (2 lbs)
- Pork Loin, cubed (2 cup)

**DAIRY**

- Cheddar Cheese, shredded (1/2 cup)
- Half and Half (2 cup)
- Butter (1 Tbsp)
- Low-Fat Cheese (2 Tbsp)
- Cream Cheese (4 oz)
- Parmesan Cheese (3 Tbsp)
- Light String Cheese (10)

**PANTRY ITEMS**

- Olive Oil (1/4 cup + 1 1/2 Tbsp)
- Sugar (1/2 Tbsp + 1/2 tsp)
- Cornstarch (4 1/2 Tbsp)
- Soy Sauce (1/4 cup + 3 Tbsp)
- Oil (1/2 cup)

**OTHER**

- Chicken Bullion Cubes (4)
- Potato Gnocchi (8 oz package)
- Beef Bullion, dissolved in water (1 1/4 cup)
- Ranch Seasoning Packet
- Sesame Oil (1/8 cup)
- Newman's Own Lighten Up! Balsamic Vinaigrette Dressing (1/2 cup)
- Chocolate Cake Mix (1 box)
- Andes Baking Bits (1 package)

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

**NOTES:**

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**TIP OF THE WEEK:**

Avocados are the star in this week's "Brinner". Here are a few tips when picking avocados: First, to test an avocado, hold it in the palm of your hand and gently press with your fingers. You want it to have some give and feel soft. Not too mushy or it's too ripe. If it is completely firm, it will need 4-5 more days at room temperature to fully ripen. If you need to slow down the ripening process, store your avocados in the fridge. A perfectly ripe avocado can last 2-3 days at room temperature or 3-5 days in the fridge.