

MON (MEXICAN)

Ground Beef Tacos

TUES (ITALIAN)

Sausage Tortellini Soup

WED (BRINNER)

Swedish Pancakes

THUR (OTHER CUISINE)

Moo Goo Gai Pan

FRI (DATE NIGHT)

WEEKEND

Easy Baked Salmon

SIDES

Pico de Gallo

Lemon Rice

DESSERT

Chocolate Lava Cake

SHOPPING LIST

PRODUCE

- Potatoes, cooked & cubed, optional
- Fresh Baby Spinach (1 cup)
- Fresh Mushrooms (1 cup)
- Broccoli Florets (2 cup)
- Snow Peas (1 cup)
- Red Onion (1/2)
- Roma Tomatoes (8)
- Avocado, optional

GRAINS/BREAD

- Yellow Corn Tortillas (6)
- Refrigerated Cheese Tortellini (9 oz)
- Long Grain Rice (1 cup)

SPICES

- Salt (1 tsp)
- Pepper (2 tsp)
- Garlic, minced (4 Tbsp + 6 tsp)
- Dried Basil (3 1/4 tsp)
- Garlic Salt (5 tsp)
- Parsley, fresh (2 Tbsp)
- Cilantro, fresh (1 Tbsp)
- Lemon Pepper Seasonings (1 1/4 tsp)

CANNED GOODS

- Chicken Broth (29 oz + 1 1/4 cup)
- Diced Tomatoes (14.5 oz)
- Water Chesnuts, sliced (8 oz)
- Straw Mushrooms, whole (15 oz)
- Green Chiles

MEAT/PROTEIN

- Ground Beef (1/2 lb)
- Sausage Crumbles (9.6 oz)
- Eggs (8)
- Chicken Breast (1 lb)
- (4) Salmon Fillets (6 oz)

DAIRY

- Shredded Mexican Cheese (1/2 cup)
- Parmesan Cheese, shredded
- Milk (3 cups)
- Butter (1 cup + 5 Tbsp)
- Buttermilk (1/2 cup)

PANTRY ITEMS

- Vegetable Oil (1 cup + 2 Tbsp)
- Flour (2 cup)
- Sugar (1 cup, 1 1/2 Tbsp)
- Baking Powder (1/2 tsp)
- Vanilla (2 tsp)
- Cornstarch (1Tbsp)
- Soy Sauce (2 Tbsp)
- Rice Vinegar (1 Tbsp)
- Olive Oil (12 Tbsp)
- Powdered Sugar (1 1/4 cup)

OTHER

- Taco Toppings (Ex: sour cream, tomatoes, lettuce, etc.)
- Pancake Toppings (Ex: berries, whipped cream, etc.)
- Lemon Juice (4 Tbsp)
- Lime Juice (1 tsp)
- Lemon Zest (1/4 tsp)
- Semisweet Chocolate (4 oz)



TIP OF THE WEEK:

Moo Goo Gai Pan is the Americanized version of a Cantonese dish, usually a simple stir-fried dish consisting of sliced or cubed chicken with white button mushrooms and other vegetables. The name is a little funny, but it is so good! Trust us. It's on the milder side than some of our other tasty (spicy) Asian dishes. If you enjoy more kick try our **Kung Pao Chicken** or **General Tso's Chicken**.

NOTES:



Click for the recipes or search on lilluna.com

Still looking for something special to do for your sweetie this Valentine's? It's not too late! We've got some great ideas for your **Valentine's Dinner** as well as lots of **Valentine's desserts**.