

**MON (MEXICAN)**

Chicken Burrito Bowl

**TUES (ITALIAN)**

Italian Meatballs

**WED (BRINNER)**

Eggs Benedict

**THUR (OTHER CUISINE)**

Grilled Cheese and Tomato Soup

**FRI (DATE NIGHT)**

**WEEKEND**

Slow Cooker Roast Chicken

**SIDES**

Tortellini Salad

Green Bean Bundles

**DESSERT**

Caramel Marshmallow Popcorn

**SHOPPING LIST**

**PRODUCE**

- Red Onion (1 cup)
- Cilantro (1 cup)
- Romaine Lettuce Heads (1 1/2)
- Grape Tomatoes (1/4 cup)
- Green Beans (2 lbs)

**GRAINS/BREAD**

- Plain Breadcrumbs (1/2 cup)
- English Muffins
- Croutons
- Bread slices (8)
- Cheese Tortellini (10 oz)

**SPICES**

- Garlic, minced (4 cloves + 5 tsp)
- Cumin (1/2 tsp)
- Salt (3 tsp)
- Pepper (3 tsp)
- Oregano, dried (1/2 tsp)
- Onion Powder (1 Tbsp + 1 tsp)
- Parsley, fresh (1/4 tsp)
- Garlic Salt (2 tsp)
- Italian Seasoning (1 tsp)
- Thyme (1/4 tsp)
- Basil, fresh (1 Tbsp)
- Garlic Powder (1/2 tsp)
- Smoked Paprika (1 tsp)

**CANNED GOODS**

- Beef Broth (1/2 cup)
- Marinara Sauce (24 oz)
- Diced Tomatoes (14 oz)
- Chicken Broth (1 cup)

**MEAT/PROTEIN**

- Chicken Breasts (6)
- Ground Beef (1 lb)
- Ground Pork (1 lb)
- Eggs (9)
- Bacon (14)
- Whole Chicken (5 lbs)

**DAIRY**

- Parmesan Cheese, grated (2 Tbsp)
- Unsalted Butter (10 Tbsp)
- Heavy Cream (1/4 cup)
- Cheddar Cheese, sliced (4)
- Provolone Cheese, sliced (4)
- Butter (1/2 cup + 4 Tbsp)

**PANTRY ITEMS**

- Olive Oil (1 cup + 2 Tbsp)
- Vinegar (2 tsp)
- Brown Sugar (1 cup + 4 Tbsp)
- Light Corn Syrup (1 Tbsp)

**OTHER**

- Fresh Lemon Juice (4 Tbsp)
- Burrito Bowl Toppings (Ex: cooked brown rice, black beans, lettuce, corn, avocado, green onions, tomatoes, salsa, etc.)
- Ranch Dressing (1/4 cup + 2 Tbsp)
- Taco Sauce (2 tsp)
- Lemon Juice (1 Tbsp)
- Bacon Bits (1/4 cup)
- Popped Popcorn (1 bag)
- Large Marshmallows (20)

**TIP OF THE WEEK:**

Italian Meatballs can be served in many different ways! Serve them on top of a bed of spaghetti or fettuccine for a classic "Spaghetti and Meatball" dinner. They pair great with a tube pasta as well, providing lots of sauce for every bite! Try them poured atop **Spaghetti Squash**. They also make a killer Meatball Sub Sandwich. Just add to a toasted hoagie or **Italian Bread** with some melted mozzarella. YUM! How will YOU serve your Italian Meatballs this week?



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**NOTES:**

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