

MON (MEXICAN)

Albondigas Soup

TUES (ITALIAN)

Chicken Alfredo Stuffed Shells

WED (BRINNER)

Breakfast Strata

THUR (OTHER CUISINE)

Sweet and Sour Chicken

FRI (DATE NIGHT)

WEEKEND

Sausage and Potatoes

SIDES

Focaccia Bread

Quick Caprese Salad

DESSERT

White Texas Sheet Cake

SHOPPING LIST

PRODUCE

Cilantro (1 cup)
Carrots (1)
Celery Stalk (1)
Potato (5)
Spinach, frozen & thawed (2 cup)
Red Bell Pepper (3)
Green Bell Pepper (3)
Onion (1)
Salad (10 cup)
Cherry Tomatoes (2 cups)
Avocados (4)

GRAINS/BREAD

Cooked Rice, (1/2 cup), optional
Large Pasta Shells (18)
White Bread (6 slices)

SPICES

Garlic, minced (2 tsp)
Cumin (1 1/2 tsp)
Salt (1 3/4 tsp)
Pepper (1/4 tsp)
Oregano (2 tsp)
Garlic Salt (1 tsp)
Garlic (1/2 tsp)
Garlic Pepper
Italian Seasoning (1 tsp)
Basil, dried (2 tsp)
Flaky Sea Salt (1 tsp)

CANNED GOODS

Low Sodium Chicken Broth (6 cup)
Diced Tomatoes (16 oz)
Pineapple Chunks (1 cup)

MEAT/PROTEIN

Ground Beef (1 lb)
Eggs (9)
Chicken, cooked & cubed (1 cup)
Ham (1/2 lb)
Chicken Breast (2 lbs)
Mild Italian Sausage Link (1 lb)

DAIRY

Ricotta Cheese (15 oz)
Parmesan Cheese, grated (1 1/4 cup)
Italian Cheese Blend, shredded (2 cup)
Half and Half (1 cup)
Whipping Cream (1/2 cup)
Monterey Jack Cheese, shredded (1 cup)
Cheddar Cheese, shredded (1 cup)
Butter (1 3/4 cup)
Milk (1 3/4 cup)
Mozzarella Balls (2 cups)
Sour Cream (1/2 cup)

PANTRY ITEMS

Cornstarch (1/2 cup + 3 Tbsp)
Flour (4 1/2 cup)
Canola Oil (1 cup)
Vinegar (1/3 cup)
Brown Sugar (1/4 cup)
White Sugar (2 1/2 cup)
Ketchup (1/3 cup)
Soy Sauce (1/3 cup)
Olive Oil (1/2 cup)
Instant Yeast (1 1/4 tsp)
Baking Soda (1 tsp)
Powdered Sugar (4 1/2 cup)

OTHER

Pineapple Juice (1/3 cup)
Balsamic Glaze
Almond Extract (1 tsp)
Walnuts, chopped (1/2 cup), optional

TIP OF THE WEEK:

One of our VERY favorite desserts is our White Texas Sheet Cake. It's SO good! More of a chocolate fan? Then give our **Chocolate Sheet Cake** a try instead. Another favorite combination is our **White Sheet Cake with Chocolate Frosting**. Best of both worlds, right? Honestly, you can't go wrong with any of these sheet cake options. Trust us! They are great for serving large groups too.

St. Patrick's Day is this coming up! Enjoy some fun St. Patty's Day themed recipes found [HERE!](#)



Click for the recipes
or search on
lilluna.com

NOTES:
