

MON (MEXICAN)

Red Cheese Enchiladas

TUES (ITALIAN)

Chicken Florentine Soup

WED (BRINNER)

Broccoli Quiche

THUR (OTHER CUISINE)

Turkey Burger

FRI (DATE NIGHT)

WEEKEND

Fried Pork Chops

SIDES

Crock Pot Pinto Beans

Baked Zucchini Fries

DESSERT

Chocolate Caramel Rice Krispie Treats

SHOPPING LIST

PRODUCE

- Carrots (2)
- Red Potatoes (3)
- Fresh Spinach (1 1/2 cup)
- Broccoli (2 cup)
- Lemon (1)
- Zucchini (2-3)

GRAINS/BREAD

- Corn Tortillas
- Seasoned Bread Crumbs (1/8 cup)
- Hamburger Buns
- Panko Bread Crumbs (2 1/2 cup)
- Rice Krispies Cereal (3 1/2 cup)

SPICES

- Gebhardt Chili Powder (3 Tbsp)
- Garlic Powder (1/2 tsp)
- Oregano (3/4 tsp)
- Salt (1 1/2 tsp)
- Pepper (1/4 cup + 3/4 tsp)
- Cumin (3/4 tsp)
- Italian Seasoning (1 1/2 tsp)
- Paprika (1 tsp)
- Garlic Salt (2 1/4 tsp)
- Garlic, minced (5 1/2 tsp)
- Fresh parsley, chopped (1/4 cup)
- Basil (1/2 tsp)

CANNED GOODS

- Chicken Broth (3 cup + 32 oz)
- Diced Tomatoes (15 oz)
- White Beans (1/2 can)
- Green Chiles (1/8 cup)

MEAT/PROTEIN

- Shredded Chicken (1 1/2 cup)
- Eggs (9)
- Ground Turkey (2 lb)
- Thin Sliced Pork Loin Chops (4)
- Dried Pinto Beans (8 oz)

DAIRY

- Mexican Cheese
- Cream Cheese (4 oz)
- Mozzarella Cheese, shredded (2 cup)
- Cheddar Cheese (1/2 cup)
- Milk (1 cup)
- Romano Cheese (1/2 cup)
- Butter, unsalted (1/4 cup)
- Parmesan Cheese, grated (1/3 cup)
- Butter (1 1/2 Tbsp)

PANTRY ITEMS

- Oil (4 Tbsp)
- Flour (3/4 cup + 4 Tbsp)
- Soy Sauce (1 Tbsp)
- Olive Oil Spray
- Vanilla (1/2 Tbsp)
- Peanut Butter (1/4 cup)

OTHER

- Pie Crust (1)
- Burger Toppings (Ex: lettuce, tomatoes, pickles, condiments, etc.)
- Mini Marshmallows (5 oz)
- Caramels, unwrapped (7 oz)
- Milk Chocolate Chips (1/2 bag)

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NOTES:

TIP OF THE WEEK:

Quiche is a very delicious and versatile dish. We love the Broccoli and Cheddar combo, but you can add other meats and veggies too. Leftovers work really well for this recipe! Just make sure meats have been precooked and "wetter" veggies (like mushrooms or peas) have been sauted before adding to the quiche. Check out our [Bacon and Cheese Quiche](#) for another yummy meal.