

MON (MEXICAN)

Carnitas Tacos

TUES (ITALIAN)

Eggplant Parmesan

WED (BRINNER)

Whole Wheat Pancakes

THUR (OTHER CUISINE)

Croque Monsieur

FRI (DATE NIGHT)

WEEKEND

Best Chicken Marinade

SIDES

Green Bean Casserole with Bacon

Garlic Red Mashed Potatoes

DESSERT

Peanut Butter Kiss Cookies

SHOPPING LIST

PRODUCE

- Onion (1/2)
- Jalapeno, deseeded (1/2)
- Eggplant (3/4 lb)
- Green Beans (4 cup)
- Red Potatoes (8)

GRAINS/BREAD

- Tortillas (corn or flour)
- Italian Bread Crumbs (2 cup)
- Firm White Bread (8 slices)

SPICES

- Garlic Salt (3 tsp)
- Pepper
- Salt
- Garlic, minced (4 tsp)
- Oregano (1/2 Tbsp)
- Cumin (1/2 Tbsp)
- Basil (1/4 tsp)
- Dry Mustard (1 tsp)
- Parsley, fresh, chopped

CANNED GOODS

- (1/2 jar) Spaghetti Sauce (24 oz)
- (1) Cream of Mushroom
- Creamy Peanut Butter (1/2 cup)

MEAT/PROTEIN

- Pork Butt (2 lb)
- Eggs (7)
- Deli Ham, sliced (8)
- Fresh Chicken Breast (2-3 lb)

DAIRY

- Mozzarella Cheese, shredded (2 cups)
- Parmesan Cheese, shredded (1/2 cup)
- Buttermilk (2 1/2 cup)
- Swiss Cheese, sliced (8)
- Milk (1 cup)
- Bacon (3)

PANTRY ITEMS

- Olive Oil (1/2 Tbsp)
- Whole Wheat Flour (2 cup)
- Sugar (1/2 cup + 2 Tbsp)
- Baking Powder (2 1/2 tsp)
- Baking Soda (1 1/4 tsp)
- Vegetable Oil (3/4 cup + 3 Tbsp)
- Mayonnaise (3 Tbsp)
- Butter (1 cup)
- Soy Sauce (1/4 cup + 1 tsp)
- Half and half (1 cup)
- Brown Sugar (1/2 cup)
- Flour (1 1/2 cup)

OTHER

- Orange Juice (1/4 cup)
- Lime Juice (1/8 cup)
- Taco Toppings (Ex: sour cream, tomatoes, lettuce, etc.)
- Syrup, for serving
- Dijon Mustard (2 tsp)
- Worcestershire Sauce (1/4 cup)
- Red Wine Vinegar (1/4 cup)
- Juice of 1 medium lemon
- French's French Fried Onions (1 1/3 cup)
- Hershey's Kisses, unwrapped (36)

NOTES:

TIP OF THE WEEK:



Fun fact! Did you know that eggplant is actually a type of fruit? When picking out the pretty purple fruit for this week's Eggplant Parmesan, look for eggplants that have smooth shiny skin. You can tell if it is ripe when you lightly press your finger on the skin it will leave an imprint. Also, smaller eggplants tend to be less bitter than larger ones. Another pro tip! You'll want to salt the eggplant as directed in the recipe. Why? Because the salt draws out the bitter juices. You'll love this cheesy, vegetarian dish!!

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