

MON (MEXICAN)

Cream Cheese & Chicken Taquitos

TUES (ITALIAN)

Chili Spaghetti

WED (BRINNER)

Cheesy Breakfast Potato Casserole

THUR (OTHER CUISINE)

Chicken Souvlaki

FRI (DATE NIGHT)

WEEKEND

Parmesan Crusted Pork Chops

SIDES

Southwest Quinoa Salad

Lemon Herb Roasted Potatoes

DESSERT

Frozen Butterfinger Pie

SHOPPING LIST

PRODUCE

Baby Spinach (1 1/2 cup)
Red Bell Pepper (1)
Red Onion (1 onion + 1/4 cup)
Corn (1 cup)
Jalapeno (1/2)
Cherry Tomatoes (1/2 cup)
Cilantro (1/4 cup)
Green Onion (1)
Lime (1)
Lemon (1)
Yukon Gold Potatoes (8-10)

GRAINS/BREAD

Corn Tortillas (12)
Spaghetti Noodles (2 oz)
Italian Breadcrumbs (2-3 Tbsp)
Tricolor Quinoa (1 cup)

SPICES

Salt
Pepper
Garlic, minced (1/2 tsp)
Chili Powder (1 Tbsp)
Oregano (1 1/2 tsp)
Garlic Powder (2 3/4 tsp)
Paprika (1/8 tsp)
Parsley (1 tsp)
Cumin (1/4 tsp)
Coriander (1/4 tsp)
Onion Powder (1/4 tsp)
Thyme (1/2 tsp)
Rosemary (1/2 tsp)
Garlic Cloves (4-5)

CANNED GOODS

Salsa (1/2 cup)
Tomato Sauce (12 oz)
Stewed Tomatoes (8 oz)
Mexican Style Chili Beans (1 can)
Chicken Broth (2 cup)
Black Beans (15 oz)
Sweetened Condensed Milk (7 oz)

MEAT/PROTEIN

Chicken, cooked & shredded (3 cup)
Ground Beef (1/2 lb)
Eggs (4)
Italian Sausage, pre-cooked (5 oz)
Chicken Breasts (1 1/2 lb)
Boneless Pork Chops (4)

DAIRY

Cream Cheese (6 oz)
Sour Cream (1/3 cup)
Colby Jack Cheese (1 1/2 cup)
Milk (1/4 cup)
Mild Cheddar Cheese (3.5 oz)
Greek Yogurt (1/2 cup)
Parmesan Cheese, grated (1/3 cup)
Butter (3 Tbsp)
Heavy Whipping Cream (2 cup)

PANTRY ITEMS

Oil for frying
Worcestershire Sauce (1 Tbsp)
Sugar (1 Tbsp)
Olive Oil (6 Tbsp)
Vanilla (1 tsp)
Powdered Sugar (1/3 cup)

OTHER

Frozen Hashbrowns (10 oz)
Lemon Juice (1/4 cup)
Oreos (18)
Butterfinger Bars, snack size (11)

TIP OF THE WEEK:



Chicken Souvlaki is on the menu this week. Souvlaki is a popular Greek fast food consisting of small pieces of meat, and sometimes vegetables, grilled on a skewer. If you don't have a grill, you could also easily bake these skewers in the oven. Not a chicken fan? Swap it out for beef! You can eat these right off the skewer or our favorite way to enjoy them is in a warm pita with tzatziki and sliced tomatoes. YUM!! If you love Greek food, check out our [Greek Pasta Salad](#), [Greek Cucumber Cups](#), or [Greek Orzo Salad](#).

NOTES:

Click for the recipes or search on lilluna.com