

**MON (MEXICAN)**

Southwest Egg Rolls

**TUES (ITALIAN)**

Crockpot Lasagna

**WED (BRINNER)**

Crepes

**THUR (OTHER CUISINE)**

BBQ Meatballs

**FRI (DATE NIGHT)**

**WEEKEND**

Chicken Bacon Ranch Casserole

**SIDES**

Air Fryer Zucchini

Broccoli Slaw

**DESSERT**

Goey Rolo Cookies

**SHOPPING LIST**

**PRODUCE**

Corn (1/3 cup)  
Red Bell Pepper, minced (2 Tbsp)  
Green Onion (4 Tbsp)  
Fresh Spinach (2 cup)  
Cilantro (2 Tbsp)  
Onion (1/2)  
Zucchini (1)  
Broccoli (1 head)  
Carrots (1)

**GRAINS/BREAD**

Flour Tortillas (8)  
Lasagna Noodles, uncooked (9)  
Rice, for serving  
Rotini Pasta (1 lb)  
Bread Crumbs, Panko or Italian (3/4 cup)  
Ramen Noodles, Chicken Flavor (1/2 pkg)

**SPICES**

Chili Powder (1 tsp)  
Garlic Powder (1 tsp)  
Salt  
Pepper  
Cumin (1/4 tsp)  
Paprika (1/4 tsp)  
Parsley (2 tsp)  
Parsley, fresh  
Garlic Salt (1/2 tsp)

**CANNED GOODS**

Black Beans (1/2 cup)  
Spaghetti Sauce (24 oz)  
Grape Jelly (5 oz)  
BBQ Sauce (1 1/4 cup)  
Sweet Chili Sauce (1/2 cup)  
Alfredo Sauce (15 oz)

**MEAT/PROTEIN**

Chicken Breast (1)  
Ground Beef (1 lb)  
Eggs (7)  
Frozen Meatballs (20 oz)  
Chicken, cooked & shredded (2 cup)  
Bacon (6 slices)

**DAIRY**

Colby Jack Cheese (3/4 cup)  
Ricotta Cheese (15 oz)  
Mozzarella Cheese (4 cup)  
Parmesan Cheese, grated (1/2 cup)  
Milk (1 cup)  
Butter (1/2 cup + 4 Tbsp)  
Cream Cheese (8 oz)

**PANTRY ITEMS**

Canola Oil, for frying (+ 2 tsp)  
Flour (3 cup)  
Ranch Dressing (1/2 cup)  
Olive Oil (1/2 cup)  
White Vinegar (1/4 cup)  
Sugar (1/4 cup)  
Vanilla (1 tsp)  
Powdered Sugar

**OTHER**

Sweet Crepe Fillings & Toppings (Ex: fresh fruit, whipped cream, nutella, chocolate syrup, etc.)  
Savory Crepe Fillings & Toppings (Ex: cheese, bacon, scrambled eggs, spinach, etc.)  
Orange zest (1/2 orange)  
Olive Oil Spray  
Sunflower Seeds, shelled (1/2 cup)  
Chocolate Cake Mix (1 box)  
Rolos



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**NOTES:**

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**TIP OF THE WEEK:**

One of our favorite things about crepes is that you can make them sweet or savory! And they are really easy to make. Pro Tip: Use a blender to pulse all ingredients for a smooth batter. Also, let the batter stand for 20-30 minutes to relax the gluten and yield a nice, airy texture! For more tips + ideas for both sweet and savory fillings, click [HERE](#). Might we also suggest whipping up our [Cheesecake Fruit Salad](#) for the inside.... Talk about leveling up your crepes!

