

MON (MEXICAN)

Cafe Rio Shredded Chicken

TUES (ITALIAN)

Spinach Ricotta Stuffed Peppers

WED (BRINNER)

Cinnamon Roll Waffles

THUR (OTHER CUISINE)

Hot Dogs in Crockpot

FRI (DATE NIGHT)

WEEKEND

Baked Pesto Chicken

SIDES

Cafe Rio Cilantro Ranch Dressing

Lemon Poppyseed Salad

DESSERT

Homemade Vanilla Ice Cream

 Click for the recipes or search on lilluna.com

SHOPPING LIST

PRODUCE

- Onion, diced (3/4 cup)
- Baby Spinach (3 cup)
- Yellow Bell Pepper (2)
- Cherry Tomatoes (10 oz)
- Plum Tomatoes (3)
- Cilantro (1 bunch)
- Jalapenos (1-3 tsp)
- Salad Mix (3 cup)
- Tomatoes (1/2 cup)

GRAINS/BREAD

- Hot Dog Buns

SPICES

- Garlic, minced (3 tsp)
- Chili Powder (1/2 Tbsp)
- Cumin (1/2 Tbsp)
- Salt
- Pepper
- Fresh Parsley or Basil, garnish
- Cinnamon (2 tsp)

CANNED GOODS

MEAT/PROTEIN

- Chicken Breasts (2 lb + 4 breasts)
- Chicken Breasts, cooked (2-3)
- Eggs (2)
- 4-6 Hot Dogs

DAIRY

- Ricotta Cheese (1 1/2)
- Parmesan Cheese (6 Tbsp)
- Milk (2 1/4 cup)
- Butter (3/4 cup)
- Whipped Cream Cheese (3/4 cup)
- Mozzarella Cheese (1 cup)
- Sour Cream (1 cup)
- Heavy Whipping Cream (1 cup)
- Half and Half (1 cup)

PANTRY ITEMS

- Oil (2 Tbsp)
- Flour (2 cup)
- Vanilla (1 Tbsp + 2 tsp)
- Baking Powder (1 Tbsp)
- Sugar (1 cup)
- Brown Sugar (1/4 cup)
- Mayonnaise (1 3/4 cup)

OTHER

- Zesty Italian Dressing (1 cup)
- Dry Ranch Dressing Mix (3 Tbsp)
- Condiments for Hot Dogs (Ex: ketchup, mustard, relish, onions, etc.)
- Basil Pesto (1/2 cup)
- Ranch Dip Dressing (1 packet)
- Craisins (1/2 cup)
- Sunflower Seeds (1/2 cup)
- Lemon Juice (2 Tbsp)
- Poppy Seeds (2 tsp)

NOTES:

TIP OF THE WEEK:

Homemade ice cream is hard to beat! Pair it with a classic dessert such as our **Chocolate Cake**, **Peach Cobbler** or **Homemade Brownies**. Or, you could make your own ice cream sundaes! There are numerous mix-ins and toppings you can use to customize your ice cream. No ice cream maker? No worries! We include instructions on how to make it with or without one.