

MON (MEXICAN)

Chicken Fajitas

TUES (ITALIAN)

Pizza Salad

WED (BRINNER)

White Chocolate Berry Pancakes

THUR (OTHER CUISINE)

Beef and Broccoli

FRI (DATE NIGHT)

WEEKEND

Barbecue Pineapple Meatballs

SIDES

Homemade Flour Tortillas

Slow Cooker Mashed Potatoes

DESSERT

Jello Poke Cake

SHOPPING LIST

PRODUCE

- Onion (1/2)
- Green Pepper (1/2)
- Red Pepper (1/2)
- Salad (10 oz)
- Grape Tomatoes (1 cup)
- Blueberries (1/2 cup)
- Raspberries (1/2 cup)
- Strawberries (1/2 cup)
- Broccoli (4 cups)
- Russet Potatoes (1 1/2 lb)

GRAINS/BREAD

- Flour Tortillas (Fajita-sized)
- Croutons (2 cups)

SPICES

- Chili Powder (1 tsp)
- Salt
- Pepper
- Paprika (1/2 tsp)
- Onion Powder (1/4 tsp)
- Garlic Powder (1/4 tsp)
- Cayenne Pepper (1/8 tsp)
- Cumin (1/2 tsp)
- Parsley (1/4 cup)
- Basil (1/4 cup)
- Garlic, minced (1 Tbsp + 3 tsp)
- Sea Salt (1 tsp)
- Garlic Pepper (1/2 tsp)
- Fresh Ginger (1/2 tsp)
- Sesame Seeds
- Bay Leaf (1)

CANNED GOODS

- Cannellini Beans (15 oz)
- Crushed Pineapple (1/2 cup)
- Chicken Broth (2 cup)

MEAT/PROTEIN

- Chicken Breast (3/4 lb)
- Pepperoni Slices (1 cup)
- Flank Steak (1 lb)
- Meatballs (16 oz)
- 4-6 Hot Dogs

Switch things up for the upcoming holiday & instead of the usual Jello Poke Cake, give our **Patriotic Poke Cake** a try! In fact, our Jello Poke Cake can be tweaked based on the flavor of jello you want to use. Our favorites are raspberry, cherry or strawberry. Visit [HERE](#) for even more poke cake recipes!

DAIRY

- Parmesan Cheese, shaved (1/2 cup)
- Feta Cheese (1/2 cup)
- Unsalted Butter (1/2 cup)
- Milk (1/3 cup)
- Butter (1 1/2 Tbsp)
- Sour Cream (1/4 cup)
- Sharp Cheddar Cheese, shredded (1/2 cup)

PANTRY ITEMS

- Corn Starch (3 1/2 Tbsp)
- Sugar (3 Tbsp + 1/2 tsp)
- Olive Oil (1/2 cup + 1 Tbsp)
- Soy Sauce (1/4 cup)
- Brown Sugar (3 Tbsp)
- Oil (2 Tbsp)
- Barbecue Sauce (1/2 cup)
- Flour (2 cup)
- Baking Powder (1 tsp)

OTHER

- Lime Juice (1 Tbsp)
- Fajita Toppings (Ex: sour cream, cheese, salsa, cilantro, etc.)
- White Balsamic Vinegar (1/2 cup)
- Hungry Jack Complete Buttermilk Pancake & Waffle Mix
- White Chocolate Chips (1/2 cup)
- Syrup
- Rice Vinegar (1/4 cup)
- Sesame Oil (1/2 Tbsp)
- White Cake Mix + ingredients listed on box
- Jello Mix (3.3 oz), Raspberry, Cherry or Strawberry
- Cool Whip (1 tub)



Click for the recipes or search on lilluna.com

TIP OF THE WEEK:

We're serving our Barbecue Pineapple Meatballs on top of mashed potatoes this week, but there are many ways you can serve these! Other options are to toast a roll and make a meatball sub, serve over rice or nestle each meatball in the center of a piece of butter lettuce. You can even eat them plain as an appetizer! We dare you to not eat them all in one sitting.

