

## MON (MEXICAN)

### Burrito Bowl

## TUES (ITALIAN)

### Antipasto Salad

## WED (BRINNER)

### Eggs Benedict Casserole

## THUR (OTHER CUISINE)

### Copycat Panda Express Orange Chicken

## FRI (DATE NIGHT)

## WEEKEND

### Ranch Burgers

## SIDES

### Fried Rice

### Baked Beans

## DESSERT

### 4th of July Rice Krispie Treats

## SHOPPING LIST

### PRODUCE

Romaine Lettuce (11 cup)  
Roma Tomatoes (2)  
Avocado (1)  
Cilantro (1 bunch + 2 Tbsp)  
Jalapenos (1-3 tsp)  
Cherry Tomatoes (1 cup)  
Roasted Red Bell Pepper (1/2 cup)  
Pepperoncini (1/2 cup)  
Red Onion (1/4 cup)  
Frozen Peas (1/2 cup)  
Carrots, shredded (1/3 cup)

### GRAINS/BREAD

Cilantro Lime Rice (4 cup)  
English Muffins (3)  
Brown Rice (3 cup)  
Rice Krispies Cereal (6 cup)

### SPICES

Garlic, minced (1 Tbsp + 3 tsp)  
Paprika (1/8 tsp)  
Salt (1 Tbsp)  
White Pepper (1 tsp)  
Chili Flakes (1/4 tsp)  
Ginger, minced (1/2 tsp)  
Dry Mustard (1 tsp)

### CANNED GOODS

(1) Corn  
(1) Black Beans  
Black Olives (6 oz)  
(2) Pork and Beans (30 oz)

### MEAT/PROTEIN

Salami (6 oz)  
Canadian Bacon (6 oz)  
Eggs (7)  
Egg Yolks (2)  
Chicken Thighs (2 lbs)  
Ground Beef (1 lb)  
Bacon (6 slices)

### DAIRY

Sour Cream (1)  
Milk (1 2/3 cup)  
Mozzarella Pearls (4 oz)  
Parmesan Cheese, grated (1/4 cup)  
Heavy Whipping Cream (1/4 cup)  
Butter (1/4 cup)  
Cheddar Cheese (1 cup)  
Margarine (3 Tbsp)

### PANTRY ITEMS

Mayonnaise (1 3/4 cup)  
Dijon Mustard (1/2 tsp)  
Cornstarch (1 cup + 2 Tbsp)  
Flour (3 cups)  
Vegetable Oil (3 cups + 3 Tbsp)  
Brown Sugar (1 1/4 cup)  
Vinegar (1/4 cup)  
Soy Sauce (1/4 cup + 2 Tbsp)  
Ketchup (3/4 cup)

### OTHER

Ranch Dressing Mix (2 packets)  
Italian Dressing  
Lemon Juice (1 Tbsp)  
Orange Juice (1/4 cup)  
Sesame Oil (3 Tbsp + 2 tsp)  
Relish (1/4 cup)  
Worcestershire Sauce (2 Tbsp)  
Burger Toppings (Ex: Sliced tomatoes, pickles, cheese, lettuce, etc.)  
Marshmallows (16 oz)  
Food Coloring (red, blue)

Have you had Antipasto before? Antipasto is the traditional first course of a formal Italian meal. It typically includes cured meats, olives, pepperoncini, veggies, cheese and more. So we're throwing it all on a salad. No cooking required! Plus, it's full of proteins, healthy fats & veggies. Make a big batch and store in the fridge for a quick dinner.

## TIP OF THE WEEK:

4th of July is all about the BBQ's! The side dishes and the grilling and the yummy, patriotic desserts. We have got so many great recipes that are perfect for this holiday. Perhaps you are also hosting the festivities this summer? We've got tips and tricks for that too. Check it all out [HERE!](#)



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