

**MON (MEXICAN)**

**Green Chili Chicken**

**TUES (ITALIAN)**

**Lemon Chicken Pasta**

**WED (BRINNER)**

**Banana Waffles**

**THUR (OTHER CUISINE)**

**Pigs in a Blanket**

**FRI (DATE NIGHT)**

**WEEKEND**

**Homemade Hamburger Helper**

**SIDES**

**Cheesy Zucchini Tots**

**Strawberry Spinach Salad**

**DESSERT**

**Ice Cream Sandwich Cake**

**SHOPPING LIST**

**PRODUCE**

Cilantro, garnish  
Lemons (1-2)  
Bananas (2)  
Zucchini (1)  
Spinach (5 oz)  
Strawberries (1/2 qt)

**GRAINS/BREAD**

Penne Pasta (1 lb)  
Macaroni (3/4 cup)  
Panko Bread Crumbs (1/4 cup)  
Regular Bread Crumbs (1/4 cup)

**SPICES**

Chili Powder  
Garlic Salt (with parsley flakes) (1/2 tsp)  
Salt  
Pepper  
Basil (1/2 cup)  
Nutmeg, pinch  
Cinnamon, pinch  
Sesame Seeds (1 Tbsp)  
Garlic Powder (1 1/4 tsp)  
Onion Powder (1 tsp)  
Poppy Seeds (1/2 Tbsp)  
Paprika (1/8 tsp)

**CANNED GOODS**

Green Chili Enchilada Sauce (3 cup)  
Chicken Broth (16 oz)  
Marinara Sauce, for dipping

**MEAT/PROTEIN**

Chicken Breasts (8-10)  
Eggs (4)  
Hot Dogs (8)  
Ground Beef (1/2 lb)

**DAIRY**

Monterey Jack Cheese (2 cup)  
Butter (1/4 cup)  
Heavy Whipping Cream (3/4 cup)  
Half and Half (1/4 cup)  
Parmesan Cheese, grated (1/2 cup)  
Milk (1 cup)  
Sour Cream (1/4 cup)  
Cheddar Cheese (2 cup)

**PANTRY ITEMS**

Flour (1 1/4 cup)  
Baking Powder (1 Tbsp)  
Sugar (1/4 cup + 1 Tbsp)  
Vanilla Extract (1 tsp)  
Ketchup (1/2 Tbsp)  
Olive Oil (1/4 cup)  
Vinegar (1/8 cup)

**OTHER**

Refrigerated Crescent Rolls (1 tube)  
Almonds, slivered (1/8 cup)  
Worcestershire Sauce (1/8 tsp)  
Hot Fudge Sauce (1/2 cup)  
Whipped Cream (4 cup)  
Instant Chocolate Pudding (3.9 oz)  
Oreo's (2 cup)  
Ice Cream Sandwiches (12)



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Summer is all about the salads! They require minimal to no cooking and are fresh and delicious. Our Spinach Strawberry Salad this week is a perfect side or add some protein and make it a main dish. For some of our FAVORITE summer salads, click [HERE](#).



**TIP OF THE WEEK:**

Have you ever heard of Pigs in a Blanket? Essentially, they are hot dogs wrapped in bread! So fun, fast and tasty! Other variations of this dinner that we enjoy are our [Corn Dogs](#) or our [Hot Dog Nuggets](#). Our [Mini Corn Dog Muffins](#) are pretty fun for a snack as well! We also love to dip and dunk these in the classic ketchup and mustard, or switch it up and dip in [Honey Mustard](#) or [Homemade Fry Sauce](#). YUM!!