

MON (MEXICAN)

Chicken Enchilada Casserole

TUES (ITALIAN)

English Muffin Pizzas

WED (BRINNER)

Chicken and Waffles

THUR (OTHER CUISINE)

Buffalo Chicken Salad

FRI (DATE NIGHT)

WEEKEND

Dr. Pepper Ribs

SIDES

Corn on the Cob

Watermelon

DESSERT

Key Lime Pie Bars

SHOPPING LIST

PRODUCE

Romaine Lettuce (2 heads)
Corn on the Cob (3-4)
Watermelon (1)

GRAINS/BREAD

Corn Tortillas
English Muffins (6)

SPICES

Pizza Seasoning (1 tsp)
Salt
Pepper
Onion Powder (1 tsp)
Garlic Powder (1 tsp)
Sage (1/2 tsp)
Cumin (1 tsp)
Paprika (1 tsp)
Thyme (1/2 tsp)
Cinnamon (1/4 tsp)
Salad Seasoning Mix (2 Tbsp)

CANNED GOODS

Green Enchilada Sauce (28 oz)
Pizza Sauce (3/4 cup)
Sweetened Condensed Milk (14 oz)

MEAT/PROTEIN

Shredded Chicken (4 1/2 cup)
Mini Pepperonis (1/2 cup)
Chicken Wings (2 lbs)
Eggs (2)
Chicken Breasts (4)
Pork Ribs (1-2 racks)
Egg Yolks (4)

DAIRY

Sour Cream (1 cup)
Monterey Jack Cheese, shredded (4 cup)
Mozzarella Cheese, shredded (3 cup)
Buttermilk (2 cup)
Butter (1 cup + 4 Tbsp)
Milk (2 3/4 cup)
Unsalted Butter (6 Tbsp)
Cream Cheese (6 oz)

PANTRY ITEMS

Flour (4 cup)
Cornstarch (1/4 cup)
Oil (for frying)
Honey (1/4 cup)
Vanilla Extract (2 tsp)
Baking Powder (4 tsp)
Sugar (3 Tbsp)
Olive Oil (2 Tbsp)
Mayonnaise (1 cup)
BBQ Sauce

OTHER

Toppings (Ex: cilantro, avocado, tomatoes, etc.), optional
Hot Sauce (1 cup)
Blue Cheese, crumbled (2 Tbsp + 1/4 cup)
Croutons
Ranch Salad Dressing Mix (3 Tbsp)
Dr. Pepper (1/2 liter)
Graham Crackers (30 squares)
Lime Zest (1 Tbsp)
Key Lime or Regular Lime Juice (1/2 cup)

One of the sides this week is a good ol' watermelon! Some say it's hit or miss with picking a good one, so here are 3 helpful tips: 1 - Look for the large yellow spot 2 - Look for a nice oval shape 3 - Make sure it is heavy for it's size. For even more tips, click [HERE](#). Plus, check out the [EASIEST](#) way to cut a watermelon [HERE](#).

TIP OF THE WEEK:

Chicken & Waffles is this week's "brinner". The recipe calls for buttermilk. If you don't have buttermilk on hand, did you know you can make your own substitute? 1 cup buttermilk = 1 cup milk + 1 Tbsp lemon juice. Let it sit for 5 minutes and ta-da! You've got a **buttermilk substitute**.



Click for the recipes or search on lilluna.com