

**MON (MEXICAN)**

Arroz Con Pollo

**TUES (ITALIAN)**

Bruschetta Pasta

**WED (BRINNER)**

Breakfast Burritos

**THUR (OTHER CUISINE)**

Slow Cooker Pulled Chicken

**FRI (DATE NIGHT)**

**WEEKEND**

Cheeseburger Casserole

**SIDES**

Caesar Salad + Dressing

Bacon Wrapped Asparagus Skewers

**DESSERT**

Coconut Cookies

**SHOPPING LIST**

**PRODUCE**

Onion (1/2)  
Green Bell Pepper (1/2)  
Green Peas (1/2 cup)  
Green Onions (1/4 cup)  
Cherry Tomatoes (2 cup)  
Asparagus (1/2 bunch)

**GRAINS/BREAD**

Rice (1/2 cup)  
Linguine (1 lb)  
Tortillas (4)  
Wide Egg Noodles (8 oz)  
French Bread (1/4 loaf)

**SPICES**

Garlic, minced (6 cloves + 1/2 Tbsp + 1 tsp)  
Salt  
Pepper  
Oregano (1 1/2 tsp)  
Cumin (1/2 tsp)  
Chili Powder (1/2 tsp)  
Bay Leaf (1)  
Basil, dried (1 Tbsp)  
Basil, fresh  
Garlic Salt (2 tsp)  
Garlic Powder (1/2 tsp)  
Lowry's Season Salt (1 1/2 tsp)  
Italian Seasoning (1/2 Tbsp)  
Garlic Salt with parsley flakes (1/2 Tbsp)

**CANNED GOODS**

Stewed Tomatoes (7 oz)  
Chicken Stock (5 cup)  
Chopped Tomatoes (2 1/2 cup)  
Diced Tomatoes (29 oz)

**MEAT/PROTEIN**

Chicken Breasts (4 breasts + 2 lbs)  
Eggs (9)  
Bacon (4)  
Ground Beef (1 lb)  
Bacon (10 slices)

**DAIRY**

Butter (1/2 cup + 3 1/2 Tbsp)  
Heavy Whipping Cream (1/2 cup)  
Mozzarella Balls (4 oz)  
Mozzarella Cheese, shredded (1/2 cup)  
Cheddar Cheese (1 cup)  
Sharp Cheddar Cheese (2 cup)  
Parmigiano-Reggiano Cheese (1/4 cup)  
Parmesan Cheese

**PANTRY ITEMS**

Olive Oil (3 Tbsp)  
Brown Sugar (1/2 cup + 1/8 cup)  
Apple Cider Vinegar (2 Tbsp)  
Olive Oil (1/8 cup + 1Tbsp)  
Mayonnaise (1/2 cup)  
Flour (1 1/4 cup)  
Baking Soda (1/2 tsp)  
Sugar (1/2 cup)  
Vanilla Extract (1/2 tsp)

**OTHER**

Raisins (1/8 cup)  
Balsamic Glaze  
Hash Browns, cubed (2 cups)  
Salsa  
BBQ Sauce (1 1/2 cup)  
Worcestershire Sauce (1 Tbsp + 1 tsp)  
Anchovy Paste (1/4 tsp)  
Lemon Juice (1 Tbsp)  
Skewers  
Coconut Flakes (1 1/3 cup)



**TIP OF THE WEEK:**

Breakfast Burritos are one of my FAVORITE breakfasts (or dinners!). They are easy to whip up, they freeze and reheat so well, and are easy to customize with different meats, cheeses or veggies. Make a big batch, store the extras in the freezer and on a busy morning or night, pop them in the microwave. A meal ready in 5 minutes! Pair these with one of our [smoothies](#) for the perfect meal!



Click for the recipes or search on [liluna.com](http://liluna.com)

What exactly is Arroz Con Pollo? It is a classic dish from Spain and Latin America. It means "rice with chicken" in Spanish.