

MON (MEXICAN)

Carne Asada Tacos

TUES (ITALIAN)

Pasta Primavera

WED (BRINNER)

Crispy Waffles

THUR (OTHER CUISINE)

Chicken Fingers

FRI (DATE NIGHT)

WEEKEND

Crack Chicken

SIDES

Veggie Tray & Dill Vegetable Dip

Summer Corn Salad

DESSERT

Strawberry Shortcake Bars

SHOPPING LIST

PRODUCE

- Jalapeno (1/2)
- Cilantro (1/2 cup)
- Lime (2)
- Tomatoes (2)
- Red Onion (1/2)
- Green Onions (1)
- Carrot (1)
- Red Bell Pepper (1/2)
- Yellow Bell Pepper (1/2)
- Zucchini (1)
- Yellow Squash (1/2)
- Grape Tomatoes (1/2 cup)
- Corn (1 1/2 cup)
- Cherry Tomatoes (1 1/2 cup)
- Cucumber (1/2 cup)
- Strawberries (1 pint)

GRAINS/BREAD

- Corn Tortillas (8)
- Bowtie Pasta (5 oz)
- Hamburger Buns (4)

SPICES

- Garlic, minced (1/2 Tbsp + 2 tsp)
- Salt
- Pepper
- Italian Seasoning (1/2 Tbsp)
- Garlic Salt with parsley flakes (2 tsp)
- Parsley, fresh (1 Tbsp)
- Parsley, dried (1/2 Tbsp)
- Dill Weed (3/4 Tbsp)
- Onion Powder (1/4 Tbsp)
- Basil, fresh (2 Tbsp)

CANNED GOODS

MEAT/PROTEIN

- Flank Steak (1 lb)
- Eggs (7)
- Chicken Breast (2 lb + 2 breasts)
- Bacon (4 slices)

Not a huge veggie lover? Try dipping tortilla chips, Ritz crackers, pretzels, Saltines, pita chips, potato chips, or Wheat Thins in our Dill Veggie Dip. Don't forget to give our **Homemade Ranch** a try too!

DAIRY

- Parmesan Cheese (1/4 cup)
- Buttermilk (3 cup)
- Whole Milk (1/2 cup)
- (2) Cream Cheese (8 oz)
- Cheddar Cheese, shredded (1/2 cup)
- Sour Cream (1/2 cup)
- Feta Cheese, crumbled (1/3 cup)
- Butter (1/2 cup)
- Milk (3/4 cup)

PANTRY ITEMS

- White Vinegar (1 Tbsp)
- Olive Oil (1/2 cup + 3 Tbsp)
- Flour (5 cup)
- Cornstarch (1/2 cup)
- Baking Powder (2 1/4 tsp)
- Baking Soda (1/2 tsp)
- Vegetable Oil (3/4 cup)
- Vegetable Oil (for frying)
- Sugar (1 cup + 2 Tbsp)
- Vanilla Extract (2 tsp)
- Mayonnaise (1/2 cup)
- Powdered Sugar (1/2 cup)

OTHER

- Orange Juice (1/4 cup)
- Lemon Juice (1 Tbsp + 1 tsp)
- Balsamic Glaze
- Syrup
- Ranch Dressing Mix (1/2 packet)
- Hot Sauce (1/2 tsp)
- Worcestershire Sauce (1 tsp)
- Veggies for dipping (Ex: carrots, cucumbers, broccoli, cherry tomatoes, etc.)
- Lime Juice (1 Tbsp)
- Italian Dressing, optional (2 Tbsp)
- Cool Whip (8 oz)

TIP OF THE WEEK:

The Crispy Waffles this week will knock your socks off! They are the perfect texture. Want to know the secret? Whip up the egg whites and fold into the batter. Perfectly crispy every time! A few other favorite waffle recipes are our **Buttermilk Waffles** and our **Belgian Waffles**. Top any of these off with some **Homemade Buttermilk Syrup** and some fresh berries. We're talking next-level yummy!



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