

MON (MEXICAN)

Sweet Pork Barbacoa

TUES (ITALIAN)

Chicken Asparagus Pasta Bake

WED (BRINNER)

Breakfast Potatoes & Breakfast Sausage

THUR (OTHER CUISINE)

Avocado Chicken Salad

FRI (DATE NIGHT)

WEEKEND

Easy Steak Marinade

SIDES

Broccoli Strawberry Salad

Baked Zucchini Chips

DESSERT

Oreo Shake

SHOPPING LIST

PRODUCE

Asparagus (1 lb)
Russet Potatoes (1 1/2 lb)
Scallions (8)
Celery (2)
Avocado (2)
Lime (1)
Cilantro (2 Tbsp)
Broccoli Florets (4 cup)
Strawberries (1 cup)
Zucchini (2)

GRAINS/BREAD

Penne Pasta (1 lb)
Panko Bread Crumbs (3/4 cup)
Sandwich Bread or Crescent Roll
Bread Crumbs (1/4 cup)

SPICES

Garlic, minced (2 Tbsp)
Garlic, granulated (2 Tbsp)
Dry Mustard (3/4 tsp)
Cumin (1 tsp)
Chili Powder (1/2 tsp)
Garlic Salt with parsley flakes (2 tsp)
Onion Powder (1 tsp)
Italian Seasoning
Salt
Pepper
Parsley, dried (1/2 tsp)
Sage (2 tsp)
Marjoram (1/4 tsp)
Red Pepper Flakes (1/8 tsp)
Ground Cloves (pinch)
Cayenne Pepper (pinch)
Seasoned Salt (1/4 tsp)
Garlic Powder (1/4 tsp)

CANNED GOODS

Green Enchilada Sauce (28 oz)

MEAT/PROTEIN

Pork Sirloin Roast (3 lb)
Chicken Breasts (8)
Ground Pork (2 lbs)
Steaks, preferred cut (4)

How long should you marinate your steak? As little as 30 minutes - 2 hours. However, I like to marinate my steak overnight, about 8-12 hours. You can marinate steak for up to 24 hours.

DAIRY

Mozzarella Cheese (2-3 cup)
Butter (2 Tbsp)
Colby Jack Cheese (4 oz)
Parmesan Cheese (1/4 cup)
Milk (2 cup)
Vanilla Ice Cream (4 cup)
Whipped Cream

PANTRY ITEMS

Sugar (3/4 cup + 1 1/2 Tbsp)
Brown Sugar (3/4 cup + 1 Tbsp)
Olive Oil (1/4 cup + 3 Tbsp)
Mayonnaise (1/2 cup)
White Vinegar (1 tsp)

OTHER

Dr. Pepper (16 oz)
Italian Dressing (2 cup)
A1 Sauce (1 cup)
Worcestershire Sauce (1 cup)
Lemon Juice (2 Tbsp)
Sliced Almonds (1/8 cup)
Cooking Spray
Oreos (16)

TIP OF THE WEEK:

Our Sweet Pork Barbacoa is the best recipe you will try for this. Trust me! I love having leftovers because of how versatile it is to serve. We love having it in tacos, enchiladas, on top of nachos or salads, and inside burritos or quesadillas. See what I mean? The options are endless. The meat also freezes very well. So, don't be afraid to double the recipe! 1 lb of pork sirloin will serve about 3 people.

Click for the recipes or search on lilluna.com