

**MON (MEXICAN)**

Taco Bowls

**TUES (ITALIAN)**

Chicken Alfredo

**WED (BRINNER)**

Favorite Eggs and Potatoes

**THUR (OTHER CUISINE)**

Veggie Panini

**FRI (DATE NIGHT)**

**WEEKEND**

Teriyaki Pork Chops

**SIDES**

Peach Salsa

Salad w/ Creamy Pesto Dressing

**DESSERT**

Pineapple Upside Down Cake

**SHOPPING LIST**

**PRODUCE**

Cilantro (2 bunches + 1/4 cup + 2 Tbsp)  
Jalapenos (2 - 3)  
Romaine Lettuce (3 cup)  
Roma Tomatoes (5)  
Avocado (2)  
Red Potatoes (1 1/2 lb)  
Spinach (30 leaves)  
Peaches (2)  
Red Onion (1/8)  
Red Bell Pepper (1/4)  
Limes (1)

**GRAINS/BREAD**

Rice (2 cup)  
Fettuccine (12 oz)  
Sourdough Bread (10 slices)

**SPICES**

Garlic, minced (7 tsp)  
Garlic Salt (1 1/2 tsp)  
Pepper  
Salt  
Parsley, garnish  
Parsley, fresh (1/4 cup)  
Ground Ginger (1/4 tsp)  
Chili Powder (sprinkle)

**CANNED GOODS**

Whole Kernal Corn (15 oz)  
Black Beans (15 oz)  
Chicken Broth (5 1/2 cup)  
Diced Green Chiles (4 oz)  
Pineapple Rings (20 oz)

**MEAT/PROTEIN**

Ground Beef (1 lb)  
Chicken Breasts (2)  
Eggs (10)  
Pork Chops (4)

This week's side salad with Creamy Pesto Dressing just includes ingredients for the dressing (included in the shopping list). Don't forget to create your salad using your favorite greens and veggies. Take it to the next level by topping it with our **Homemade Croutons**. Way better than store bought!

**DAIRY**

Sour Cream (1 1/2 cup)  
Milk (1 1/3 cup)  
Butter (1 cup + 5 Tbsp)  
Whole Milk (1 1/2 cup)  
Heavy Whipping Cream (1/2 cup)  
Parmesan Cheese (1 cup + 2 Tbsp)  
Extra Sharp Cheddar Cheese, shredded (3/4 cup)  
Colby Jack Cheese (5 slices)  
Buttermilk (1/2 cup)

**PANTRY ITEMS**

Mayonnaise (1 1/2 cup)  
Olive Oil (2 Tbsp)  
Light Mayo  
Soy Sauce (1/4 cup)  
Honey (2 Tbsp)  
Brown Sugar (1 1/2 cup + 5 Tbsp)  
Corn Starch (2 Tbsp)  
Sugar (1/2 cup + a sprinkle)  
Flour (2 cup)  
Baking Powder (2 tsp)

**OTHER**

Ranch Dip (1 packet)  
Taco Seasoning (1 envelope)  
Lime Juice (1 Tbsp)  
Orange Juice (1/2 cup)  
Pesto (3 Tbsp)  
Maraschino Cherries (10)  
Almond Extract (1 tsp)

**TIP OF THE WEEK:**

A great way to utilize those juicy peaches is with our Homemade Peach Salsa! It will pair amazingly with this week's Taco Bowls, but also is delicious simply served with chips. Quick note: you can alter the spice by either keeping or discarding the seeds from the jalapenos. More seeds = more spice. A few other fruit-inspired salsas we love are our **Mango Salsa** and our **Pineapple Salsa**. Give them a try too!



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