

MON (MEXICAN)

Chicken Tortilla Soup

TUES (ITALIAN)

Bruschetta Chicken

WED (BRINNER)

Chocolate Waffles

THUR (OTHER CUISINE)

Garlic Noodles

FRI (DATE NIGHT)

WEEKEND

Cheesy Zucchini Casserole

SIDES

Olive Garden Breadsticks

Easy Fruit Salad

DESSERT

Peach Pie

SHOPPING LIST

PRODUCE

- Onion (1/2 cup)
- Tomatoes (3)
- Green Onions (chopped)
- Zucchini (6)
- Green Grapes (2 cup)
- Red Grapes (2 cup)
- Strawberries (1 cup)
- Blackberries (1 cup)
- Pineapple (1-2 cups)
- Kiwi (1 cup)
- Peaches, sliced (5 cups)

GRAINS/BREAD

- Spaghetti Noodles (12 oz)
- Rice Chex (2 cup)

SPICES

- Cumin (1/2 tsp)
- Garlic, minced (7 tsp)
- Chili Powder (1/4 tsp)
- Salt
- Pepper
- Basil (1 tsp)
- Cayenne Pepper (pinch)
- Red Pepper Flakes (pinch), optional
- Onion Powder (2 tsp)
- Garlic Salt with Parsley (1/2 tsp)
- Cinnamon (1/2 tsp)
- Nutmeg (1/8 tsp)

CANNED GOODS

- Chicken Stock (6 cup)
- Corn (15 oz)
- (2) Diced Tomatoes (15 oz)
- Black Beans (15 oz)
- Diced Green Chiles (4 oz)

MEAT/PROTEIN

- Chicken Breasts, cooked (1 lb)
- Chicken Breasts (4)
- Eggs (5)

DAIRY

- Monterey Jack Cheese, shredded
- Mozzarella Cheese, shredded (1 cup)
- Milk (1 cup)
- Butter (1/2 cup + 3 1/2 Tbsp)
- Unsalted Butter (1/2 cup)
- Parmesan Cheese (1/2 cup)
- Colby Monterey Jack Cheese (1 1/2 cup)

PANTRY ITEMS

- Olive Oil (1-2 Tbsp)
- Flour (4 3/4 cup)
- Baking Powder (2 tsp)
- Baking Soda (1/2 tsp)
- Sugar (2 cup + 2 Tbsp)
- Cocoa Powder (1/2 cup)
- Soy Sauce (1/3 cup)
- Yeast (1 1/4 tsp)
- Vegetable Oil (3 Tbsp)
- Brown Sugar (2/3 cup)
- Vanilla Extract (2 tsp)
- Cornstarch (3 Tbsp)

OTHER

- Soup Toppings (Ex: tortilla strips, avocado, etc.)
- Italian Dressing (1 cup)
- Chocolate Chips (1 cup)
- Oyster Sauce (1 Tbsp)
- Worcestershire Sauce (1 1/2 Tbsp)
- Sesame Oil (1 tsp)
- Orange Juice (1/4 cup)
- Pineapple Juice (1/8 cup)
- Lemon Juice (1 Tbsp)
- Pie Crust (2 rounds), store bought or homemade

TIP OF THE WEEK:

Something we like to do with meals is make them go farther by adding a few simple things.... Either add in some protein, extra veggies or a carb. For example, serve the Cheesy Zucchini Casserole alongside some rice. Include your choice of chicken or pork with the Garlic Noodles. The Bruschetta Chicken pairs fabulously with asparagus or your choice of green veggie. It will quickly transform from a dish to a full meal. ENJOY!

Click for the recipes or search on lilluna.com

Make sure to check out all of our peach desserts, including crisps, cobblers, bars and more! Find them all [HERE](#).