

MON (MEXICAN)

Taco Salad

TUES (ITALIAN)

Chicken Scallopini

WED (BRINNER)

Oven French Toast

THUR (OTHER CUISINE)

Crock Pot Baked Potato Soup

FRI (DATE NIGHT)

WEEKEND

Roast Chicken

SIDES

Homemade Biscuits

Sweet Potato Hash

DESSERT

Caramel Apple Nachos

SHOPPING LIST

PRODUCE

Romaine Lettuce (6 cup)
Grape Tomatoes (1 pint)
Avocado (1)
Red Potatoes (10)
Lemon (1)
Sweet Potato (2)
White Sweet Potato (1)
White Onion (1/2)
Red Bell Pepper (1/2)
Gala Apples (3)
Granny Smith Apples (3)

GRAINS/BREAD

Chips (Tortilla Chips or Fritos)
Italian Seasoned Bread Crumbs (2 cup)
Linguini (1 lb)
Day Old Bread - Brioche, French, Sourdough or Challah (1 loaf)

SPICES

Chili Powder (1/4 tsp)
Salt
Pepper
Parsley (2 tsp)
Cinnamon (2 tsp)
Nutmeg (dash)
Onion Powder (1 tsp)
Garlic, minced (4 tsp)
Chicken Bouillon Cube (1)
Rosemary (3-4 sprigs)
Cream of Tartar (1/4 tsp)
Sea Salt (1 1/2 tsp)
Garlic Salt with parsley flakes

CANNED GOODS

Salsa (1/2 cup)
Chicken Broth (1/4 cup)

MEAT/PROTEIN

Ground Beef (1 lb)
Chicken Breast, thin (4)
Eggs (6)
Bacon (1 cup)
Whole Chicken (4-5 lb)

DAIRY

Cheddar Cheese, shredded (2 cup)
Sour Cream (1/2 cup)
Butter (1 1/2 cup + 1 Tbsp)
Heavy Whipping Cream (1 cup)
Whole Milk (1 cup)
Half and Half (2 cup)
Unsalted Butter (1/4 cup)
Buttermilk (1/3 cup)

PANTRY ITEMS

Vegetable Oil (1 Tbsp)
Vanilla Extract (1 Tbsp)
Sugar (2 Tbsp + 1 tsp)
Flour (1 cup + 3 Tbsp)
Baking Powder (2 tsp)
Olive Oil (2 Tbsp)

OTHER

Taco Seasoning Mix (1 package)
Ranch Dressing (1/4 cup)
Lemon Juice (4 oz)
Ranch Dressing Mix (1 Tbsp)
Caramel Sauce
White Chocolate Candy Coating
Mini Chocolate Chips
Heath Toffee Bits

TIP OF THE WEEK:

Caramel Apples this time of year are just the best! Along with our Caramel Apple Nachos in this week's plan, we have a few other variations including **Caramel Apple Dip**, **Caramel Apple Fudge** and **Caramel Apple Cider**. And of course you can't go wrong with the classic **Caramel Apples** either!

Customize your Taco Salads by switching up the protein and toppings. Use ground turkey or chicken instead of ground beef. Add olives, onions, black beans or corn. We also have a stellar **Taco Seasoning** recipe if you'd prefer to make your own over using the packaged seasoning. ENJOY!

Click for the recipes or search on lilluna.com