

MON (MEXICAN)

Salsa Verde Chicken

TUES (ITALIAN)

Crock Pot Spaghetti

WED (BRINNER)

Asparagus Quiche

THUR (OTHER CUISINE)

Wendy's Chili

FRI (DATE NIGHT)

WEEKEND

French Onion Chicken Casserole

SIDES

Cornbread Casserole

Arugula Salad

DESSERT

Pumpkin Oatmeal
Chocolate Chip Cookies

SHOPPING LIST

PRODUCE

Cilantro, garnish
Asparagus (1 lb)
Celery (1 stalk + 1 cup)
Green Bell Pepper (1/2)
Arugula Leaves (4 cup)
Cherry Tomatoes (1 cup)
Avocado (1)

GRAINS/BREAD

Spaghetti, cooked (1/2 - 1 lb)
Jiffy Corn Mix (2)

SPICES

Garlic Salt with parsley flakes (1 tsp)
Salt
Pepper
Italian Seasoning (1/2 tsp)
Garlic Powder (1 tsp)
Basil (1/2 tsp)
Oregano (1/2 tsp)
Cinnamon (1 Tbsp)

CANNED GOODS

Salsa Verde (16 oz)
Tomato Sauce (23 oz)
Diced Tomatoes (7 oz)
Stewed Tomatoes (28 oz)
Tomato Paste (3 oz)
Diced Tomatoes with Green Chiles (5 oz)
Kidney Beans (7 oz)
Pinto Beans (7 oz)
Cream of Chicken Soup (1)
Whole Kernel Corn (15 oz)
Creamed Corn (15 oz)
Pumpkin Puree (15 oz)

MEAT/PROTEIN

Chicken Breast (3)
Ground Beef (1 lb)
Mild Italian Sausage (1/2 lb)
Bacon, cooked (6)
Eggs (11)
Chicken, cooked (3 cup)

DAIRY

Monterey Jack Cheese (1-2 cup)
Half and Half (1/2 cup)
Swiss Cheese (2 cup)
Cheddar Cheese, shredded (1 cup)
Sour Cream (1 cup + 8 oz)
Butter (2 cup)
Parmesan Cheese (1/4 cup)

PANTRY ITEMS

Extra Virgin Olive Oil (4 Tbsp)
Sugar (1/2 Tbsp + 1 1/4 cup)
Flour (4 cup + 2 Tbsp)
White Vinegar (1/2 Tbsp)
Mayo (1/2 cup)
Brown Sugar (2 cup)
Vanilla Extract (1 tsp)
Quick Cooking Oats (2 cup)
Baking Soda (2 tsp)
Baking Powder (1 tsp)

OTHER

Pie Crust (1)
Chili Seasoning (1 package)
Slivered Almonds (1/2 cup)
French's Fried Onions (6 oz)
Pine Nuts (1/4 cup)
Rice Vinegar (1 Tbsp)
Chocolate Chips (2 cup)

This time of year is all about the pumpkin recipes! We also have a stellar **Pumpkin Chocolate Chip Cookie** recipe (if oatmeal isn't your thing!) along with 50+ pumpkin recipes. From cakes to breads to breakfast and more... Check them out **HERE!**

TIP OF THE WEEK:

Quiche is a really great meal to make ahead. It can be made up to three days in advance and also freezes really well. **Gluten Free Option:** Bake this meal crustless + sub all-purpose flour with almond flour. Spray the pan, add the liquid ingredients and bake! Pro-tip: Don't overfill! The egg filling will rise when baking so give it some room to do so.

Click for the recipes or search on liluna.com