

MON (MEXICAN)

Loaded Nachos

TUES (ITALIAN)

Zuppa Toscana

WED (BRINNER)

Blueberry French Toast Casserole

THUR (OTHER CUISINE)

Baked Teriyaki Chicken

FRI (DATE NIGHT)

WEEKEND

Steak Kabobs

SIDES

Mozzarella Bites

Cauliflower Rice

DESSERT

Graveyard Dirt Cake

SHOPPING LIST

PRODUCE

- Sweet Onion (1)
- Roma Tomatoes (3)
- Jalapeno (1-2)
- Cilantro (1/3 cup)
- Lime (1)
- Avocado (1)
- Russet Potatoes (4)
- Kale (2 cup)
- Blueberries (2 cup)
- Green Bell Peppers (1)
- Zucchini (1)
- Cherry Tomatoes (1/2 pint)
- Pineapple (1/2)
- Cauliflower (1)

GRAINS/BREAD

- Tortilla Chips
- French Bread (1 loaf)
- Panko Bread Crumbs (1 cup)

SPICES

- Salt
- Pepper
- Garlic, minced (1 Tbsp + 2 tsp)
- Garlic Salt with parsley flakes
- Ground Ginger (1/2 tsp)
- Sesame Seeds (1 Tbsp)
- Garlic Powder (1/4 tsp)
- Seasoning Salt (1/4 tsp)
- Garlic Pepper (1/4 tsp)
- Italian Seasoning (1 tsp)
- Parsley (1/2 tsp)

CANNED GOODS

- Black Beans (15 oz)
- Chicken Stock (32 oz)
- Marinara Sauce, for dipping

MEAT/PROTEIN

- Ground Beef (1 lb)
- Bacon (6-7)
- Jimmy Dean Italian Sausage (16 oz)
- Eggs (8)
- Chicken Breasts or Thighs (1 1/2 lb)
- Beef Sirloin Steak (1 lb)

DAIRY

- Cheddar Cheese, shredded (10 oz)
- Sour Cream
- Heavy Whipping Cream (1 1/2 cup)
- Parmesan Cheese, shaved, optional
- (2) Cream Cheese (8 oz)
- Milk (5 1/2 cup)
- String Cheese (1/2 package)
- Butter (1/2 cup)

PANTRY ITEMS

- Sugar (1 3/4 + 1/3 cup)
- Vanilla Extract (1 Tbsp + 1 tsp)
- Corn Starch (3 Tbsp)
- Soy Sauce (3/4 cup)
- Apple Cider Vinegar (1/4 cup)
- Brown Sugar (1 1/2 Tbsp)
- White Vinegar (1 1/2 Tbsp)
- Olive Oil (2 Tbsp)
- Flour (1/2 cup)
- Oil, for frying
- Powdered Sugar (1 cup)

OTHER

- Taco Seasoning (4 Tbsp)
- Sesame Oil (1 Tbsp)
- Sprite (1/4 cup)
- Oreos (1 pkg)
- Cool Whip (16 oz)
- Instant White Chocolate Pudding (6.6 oz)
- Mother's Double Fudge Cookies (1 pkg)
- Candy Corn Pumpkins

TIP OF THE WEEK:

Let's talk kale! Some people love it, some hate it! When using it in our Zuppa Toscana soup this week, make sure to cut out the stem and spine of the leafy greens. They are tough and don't cook well. You can also try washing the kale after cutting it. This may remove more of the bitter taste. If kale just isn't your thing, you can substitute with spinach for a milder flavor.

Click for the recipes or search on lilluna.com

Our Graveyard Dirt Cake is one of many Halloween treats we have! Other favorites are our Spider Trifle, Frankenstein Rice Krispie Treats, Pumpkin Cupcakes, and Goey Monster Cookies. Get all these recipes and more [HERE!](#)