

MON (MEXICAN)

King Ranch Chicken Casserole

TUES (ITALIAN)

Cheesy Spinach Lasagna Rolls

WED (BRINNER)

Protein Pancakes

THUR (OTHER CUISINE)

Sweet Potato Chili

FRI (DATE NIGHT)

WEEKEND

Baked Parmesan Chicken

SIDES

Buttermilk Cornbread

Roasted Cauliflower

DESSERT

Pumpkin Lasagna

SHOPPING LIST

PRODUCE

- Red Bell Pepper (1)
- Green Bell Pepper (1)
- Spinach (4 cup)
- Sweet Potato (2)
- Lemon (2)
- Cauliflower (1 head)

GRAINS/BREAD

- Corn Tortillas (10)
- Lasagna Noodles (1 pkg)
- Breadcrumbs (1 cup)

SPICES

- Cumin (3 tsp)
- Chili Powder (3 tsp)
- Oregano (1/2 tsp)
- Garlic Powder (3 tsp)
- Salt
- Pepper
- Cinnamon (dash)
- Onion Powder
- Garlic, minced (2 tsp)
- Garlic Salt with Parsley Flakes (1 tsp)

CANNED GOODS

- Cream of Mushroom Soup (1)
- Cream of Chicken Soup (1)
- Ro-Tel (10 oz)
- Chicken Broth (1 cup)
- Marinara Sauce (24 oz)
- (2) Diced Stewed Tomatoes with Chili Seasonings (14.5 oz)
- Tomato Sauce (8 oz)
- Black Beans (1)
- Corn (1)

MEAT/PROTEIN

- Cooked Chicken (3 cup)
- Eggs (7)
- Ground Beef (1 lb)
- Chicken Breast (2 lb)

DAIRY

- Sour Cream (1/4 cup)
- Cheddar Cheese, shredded (2 1/2 cup)
- Ricotta Cheese (32 oz)
- Parmesan Cheese (1 cup)
- Mozzarella Cheese, shredded (1 1/2 cup)
- Butter (3/4 cup)
- Buttermilk (1 cup)
- Unsalted Butter (4 Tbsp)
- Cream Cheese (4 oz)
- Milk (1 1/2 cup)

PANTRY ITEMS

- Vegetable Oil (1 Tbsp)
- Baking Powder (1 tsp)
- Sugar (2/3 cup)
- Baking Soda (1/2 tsp)
- Cornmeal (1 cup)
- Flour (1 cup)
- Olive Oil (1/4 cup)
- Powdered Sugar (1/2 cup)

OTHER

- Whey Protein Powder (2 scoops)
- Cooking Spray
- Lemon Juice (3 Tbsp)
- Golden Oreos (1 row)
- Pumpkin Oreos (1 row)
- Cool Whip (8 oz)
- Pumpkin Instant Pudding (3.4 oz)
- White Chocolate Bar

Our Pumpkin Lasagna is made up of 4 amazing layers. The base layer uses a combo of pumpkin Oreos & golden Oreos. Can't find pumpkin Oreos? You can use just golden Oreos or substitute the Oreos entirely for graham crackers or gingersnaps. All of them are tasty options!

TIP OF THE WEEK:

Cornbread is the perfect companion to chili! But not all cornbread is created equal. This week's Buttermilk Cornbread is tender with an added layer of flavor from the buttermilk. We also love our **Sweet Cornbread** made with a box mix & creamed corn. It's Grandma's Famous recipe! If you like a little heat, you may want to try our sweet & spicy **Jalapeno Cornbread**. Honestly, you can't go wrong with any of these!

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