

**MON (MEXICAN)**

**Green Chile Chicken Enchiladas**

**TUES (ITALIAN)**

**Easy Lasagna**

**WED (BRINNER)**

**Ham and Cheese Quiche**

**THUR (OTHER CUISINE)**

**Pineapple Chicken**

**FRI (DATE NIGHT)**

**WEEKEND**

**Loaded Pulled Pork Cups**

**SIDES**

**Crock Pot Green Beans**

**Layered Pasta Salad**

**DESSERT**

**Pumpkin Cinnamon Roll Cake**

**SHOPPING LIST**

**PRODUCE**

Red Bell Pepper (1/2)  
Green Bell Pepper (1)  
Green Onion, garnish  
Romaine lettuce (4 cup)  
Celery (1/4 cup)  
Red Onion (1/4 cup)

**GRAINS/BREAD**

Corn Tortillas (6-8)  
Lasagna Noodles (12)  
Mini Penne Pasta (4 cup)

**SPICES**

Salt  
Pepper  
Garlic, minced (1 Tbsp)  
Basil (1/4 cup)  
Fennel Seeds (1/2 tsp)  
Italian Seasoning (1 tsp)  
Garlic Salt (1 tsp)  
Nutmeg (dash)  
Parsley (4 Tbsp)  
Garlic Salt with Parsley Flakes (1 1/2 tsp)  
Garlic Powder (1/2 tsp)  
Onion Powder (3/4 tsp)  
Crushed Red Pepper Flakes (pinch)  
Chives, minced  
Dry Mustard (1 tsp)  
Celery Salt (1 tsp)  
Pumpkin Pie Spice (3 tsp)  
Cinnamon (1 Tbsp)

**CANNED GOODS**

Las Palmas Green Chile Enchilada Sauce (19 oz)  
Crushed Tomatoes (28 oz)  
(2) Tomato Paste (6 oz)  
Tomato Sauce (1 1/2 cup)  
Dole Pineapple Chunks (20 oz)  
Black Olives (1/2 cup)  
Pumpkin Puree (1/4 cup)

**MEAT/PROTEIN**

Cooked Chicken (2 cup)  
Chopped Green Chiles (4.5 oz)  
Sweet Italian Sausage (1 lb)  
Ground Beef (1 lb)  
Egg (8)  
Ham, chopped (3 cup)  
Chicken Breast or Thighs (1 1/2 lb)  
Egg Whites (2)  
Barbecued Pork (2-3 cup)  
Bacon (1/4 lb)

**DAIRY**

Colby Jack Cheese, shredded (3 cup)  
Sour Cream (2 1/4 cup)  
Ricotta Cheese (16 oz)  
Parmesan Cheese (1 1/2 cup + 1 Tbsp)  
Mozzarella Cheese, shredded (4 1/2 cup)  
Cheddar Cheese, shredded (1/2 cup)  
Milk (2 1/2 cup + 5 Tbsp)  
Butter (1 1/4 cup)

**PANTRY ITEMS**

Brown Sugar (1 cup + 5 Tbsp)  
Vegetable Oil (3 Tbsp)  
Ketchup (3 Tbsp)  
Low Sodium Soy Sauce (3 Tbsp)  
Apple Cider Vinegar (1 Tbsp)  
Cornstarch (3/4 cup + 1 Tbsp)  
Mayonnaise (3/4 cup)  
Sugar (1 cup + 1 1/2 tsp)  
Dijon Mustard (1 1/2 tsp)  
Flour (3 cup + 2 Tbsp)  
Baking Powder (4 tsp)  
Vanilla Extract (3 tsp)  
Powdered Sugar (2 cup)

**OTHER**

Pie Crust (1)  
Oyster Sauce (2 tsp)  
Hash Browns, frozen (20 oz)  
Green Beans, frozen (12 oz)  
Champagne Vinegar (1 1/2 tsp)  
Worcestershire Sauce (1/2 tsp)  
Green Peas, frozen (1/2 cup)

**TIP OF THE WEEK:**

Our Green Chile Enchiladas are so easy to make ahead of time. We love to freeze them and save for later. I love giving these enchiladas (frozen) to new moms so they have a simple and delicious dinner for their families. Other favorite enchilada recipes are our **Red Cheese Enchiladas** and our **Beef Enchiladas**. Serve with our famous **Spanish Rice!**

Save some \$\$ this week by using what you already have on hand for the Layered Pasta Salad. Use chicken, ham, tuna or salmon for your protein layer. Use whichever pasta you prefer... penne, elbow macaroni, small shells, ziti or even cauliflower rice! Check out the **recipe post** for additional layer ideas.



Click for the recipes or search on [lilluna.com](http://lilluna.com)