

MON (MEXICAN)

Tostadas

TUES (ITALIAN)

Crock Pot Spaghetti

WED (BRINNER)

Pound Cake French Toast

THUR (OTHER CUISINE)

Broccoli Potato Soup

FRI (DATE NIGHT)

WEEKEND

Chicken and Asparagus Stir Fry

SIDES

Taco Pasta Salad

Cheddar Bay Biscuits

DESSERT

Christmas Cookie Bars

SHOPPING LIST

PRODUCE

Carrots (2-3)
Potatoes (4)
Broccoli (2 crowns)
Asparagus Spears (10-12)
Corn, frozen (10 oz)
Cilantro (1/2 cup)
Avocado (1)

GRAINS/BREAD

Corn Tortillas (12)
Cooked Spaghetti Noodles
Rice or Noodles (for serving)
Pasta Shells (1 box)
Buttermilk Baking Mix (2 cup)

SPICES

Salt
Pepper
Italian Seasoning (1/2 tsp)
Garlic Powder (1 tsp)
Dried Basil (1/2 tsp)
Oregano (1/2 tsp)
Cinnamon (1/2 tsp)
Onion Powder (1 tsp)
Garlic Pepper (1/2 tsp)
Lemon Pepper
Garlic Salt with Parsley Flakes (1 tsp+)
Garlic, minced (3 tsp)
Cumin (1 Tbsp)
Chili Powder (1 - 2 tsp)

CANNED GOODS

Refried Beans (3-4 cup)
Tomato Sauce (14.5 oz)
(2) Diced Tomatoes (8 oz)
Stewed Tomatoes (8 oz)
Tomato Paste (3 oz)
(2) Chicken Broth (14.5 oz)
Black Beans (1 can)
Salsa (1/2 cup)

MEAT/PROTEIN

Ground Beef (1/2 lb)
Mild Italian Sausage (1/2 lb)
Eggs (3)
Bacon (6)
Chicken Breasts (2)

DAIRY

Milk (5 cup)
Butter (1/2 cup + 6 Tbsp)
Cheddar Cheese, shredded (4 cup)
Mexican Blend Cheese (8 oz)
Sharp Cheddar Cheese, shredded (1 cup)
Unsalted Butter (1/4 cup)

PANTRY ITEMS

Vegetable Oil (1 cup)
Sugar (1/2 Tbsp)
Almond Extract (1/2 tsp)
Vanilla Extract (1 1/2 tsp)
Powdered Sugar
Flour (1 1/3 cup)
Olive Oil (1/2 cup + 2 Tbsp)
Soy Sauce
Brown Sugar (1 cup)
Baking Powder (1/2 tsp)
Baking Soda (1/8 tsp)

OTHER

Tostada Toppings (Ex: shredded lettuce, tomatoes, cilantro, guacamole, sour cream, etc.)
Pound Cake Slices
Syrup
Lemon Juice (2 Tbsp)
Teriyaki Sauce (2 Tbsp)
Lime Juice (3 - 4 Tbsp)
Chocolate Chips (1/2 cup)
Christmas M&M's (1 cup)

TIP OF THE WEEK:

Cheddar Bay Biscuits are a Red Lobster copycat recipe! We love recreating delicious, well-known dishes from popular restaurants. A couple other favorite copycat recipes on the site are: [Wendy's Chili](#), [Panera's Broccoli Cheddar Soup](#), [Chick Fil A's Nuggets](#), [Texas Roadhouse's Rolls](#), [Chili's Salsa](#) and [Swig's Sugar Cookies](#). ENJOY!

Click for the recipes or search on liluna.com

Christmas Cookie Bars are a great dessert to use up those leftover Christmas M&M's! Don't have any leftover? Ready to have Christmas over and done with? Swap the holiday M&M's out for the classic colors!