

MON (MEXICAN)

Taco Casserole

TUES (ITALIAN)

Lemon Asparagus Pasta

WED (BRINNER)

Breakfast Egg Cups

THUR (OTHER CUISINE)

Chicken Pot Pie Soup

FRI (DATE NIGHT)

WEEKEND

Cheesy Chicken Rice Bake

SIDES

Roasted Tomatoes

Zucchini Muffins

DESSERT

Snowball Cookies

SHOPPING LIST

PRODUCE

- Lettuce (1 cup)
- Tomato (4-5 + 1/2 cup)
- Asparagus (1/2 bunch)
- Golden Potatoes (1 cup)
- Celery (2 ribs)
- Carrots (2)
- Peas, frozen (1 cup)
- Corn, frozen (1 cup)
- Broccoli Florets (2 cup)
- Banana (1)
- Zucchini, shredded (1 1/2 cup)

GRAINS/BREAD

- Biscuit/Baking Mix (2/3 cup)
- Penne Pasta (1 1/2 cup)
- Instant White Rice, uncooked (1 1/4 cup)

SPICES

- Salt
- Pepper
- Garlic, minced (3 tsp)
- Garlic Salt with Parsley Flakes (1 tsp)
- Italian Seasoning (1 tsp)
- Basil, fresh (2 Tbsp)
- Cinnamon (2 Tbsp)

CANNED GOODS

- Olives
- Chicken Broth (52 oz)

MEAT/PROTEIN

- Ground Beef (1 lb)
- Eggs (12)
- Bacon (12 slices)
- Chicken Breast, cooked (2 cup)
- Chicken Breast (1 lb)

DAIRY

- Milk (1 cup + 8 Tbsp)
- Sour Cream (1/4 cup)
- Cheddar Cheese, shredded (2 cup)
- Whole Milk (3/4 cup)
- Parmesan Cheese, grated (2/3 cup)
- Parmesan Cheese, shaved (1/3 cup)
- Butter (1 cup + 2 Tbsp)
- Cream Cheese (8 oz)
- Italian 5 Cheese Blend, shredded (1 cup)

PANTRY ITEMS

- Dijon Mustard (2 tsp)
- Flour (5 1/2 cup + 2 tsp)
- Olive Oil (1 Tbsp + 1 tsp)
- Shortening (2/3 cup)
- Vegetable Oil (1 Tbsp)
- Vanilla Extract (1 Tbsp)
- Sugar (2 1/2)
- Baking Soda (1 tsp)
- Baking Powder (1/4 tsp)

OTHER

- Taco Seasoning (1 pkg)
- Lemon Juice (1 1/2 tsp)
- Lemon Zest (1 tsp)
- Balsamic Vinegar (1 Tbsp)
- Walnuts (1 cup)
- Chocolate Chips (1 cup)
- Crescent Rolls (1 can)

Anyone else love tomatoes like I do? Roasting them brings out incredible flavor, plus they have great health benefits. They're packed with Vitamin C, folate, potassium and Vitamin K. Use your favorite type of tomato for this recipe: Cherry, Roma, Grape, Italian, etc. Check out the post for our **BEST roasting tips!**

TIP OF THE WEEK:

Snowball Cookies are often used as a holiday cookie, but can still be a tasty treat for January! They are often referred to as "Mexican Wedding Cookies". Make a chocolate version of them by adding 1/2 cup cocoa powder in with the dry ingredients! Don't forget to dunk in a warm cup of **Mexican Hot Chocolate** and let it melt in your mouth. ENJOY!



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