

MON (MEXICAN)

Baked Taquitos

TUES (ITALIAN)

Skinny Chicken Parmesan

WED (BRINNER)

Baked Denver Omelet

THUR (OTHER CUISINE)

Butternut Squash Soup

FRI (DATE NIGHT)

WEEKEND

Turkey Meatballs

SIDES

Balsamic Brussel Sprouts

Baked Mashed Potatoes

DESSERT

German Chocolate Cake

SHOPPING LIST

PRODUCE

- Green Pepper (1/2)
- Red Pepper (1/2)
- Carrot (1)
- Potato (1)
- Butternut Squash (1)
- Brussel Sprouts (1 1/2 lb)
- Yukon Gold Potatoes (6)

GRAINS/BREAD

- Corn Tortillas (12)
- Bread Crumbs (1/2 cup)
- Italian Bread Crumbs (1/2 cup)

SPICES

- Oregano (1/2 tsp)
- Cumin (1/2 tsp)
- Garlic Salt with Parsley Flakes (1 1/2 tsp)
- Garlic Pepper (1/2 tsp)
- Garlic Powder (1/2 tsp)
- Salt
- Pepper
- Italian Seasoning (2 tsp)
- Garlic, minced (1 tsp)
- Cinnamon (1/4 tsp)
- Nutmeg, dash
- Onion Powder (1 tsp)
- Garlic Cloves (10-12)
- Parsley, fresh

CANNED GOODS

- Salsa (1/4 cup)
- Green Chilis (1 can)
- Marinara Sauce
- Chicken Stock (32 oz)
- Evaporated Milk

MEAT/PROTEIN

- Chicken Breast, cooked (2)
- Egg (12)
- Chicken Breast Filets (1 1/2 lb)
- Ham, chopped (1 cup)
- Ground Turkey (1 lb)
- Bacon (6 slices)
- Egg Yolk (3)

DAIRY

- Cheddar Cheese, shredded (2 cup)
- Parmesan Cheese (3/4+ cup)
- Mozzarella Cheese
- Butter (1/2 cup + 7 Tbsp)
- Milk (1 1/2 cup)
- Sour Cream (1/2 cup + garnish)

PANTRY ITEMS

- Olive Oil (1/4 cup)
- Flour (2 cup)
- Sugar (3 cup)
- Cocoa Powder (3/4 cup)
- Baking Powder (2 tsp)
- Baking Soda (1 1/2 tsp)
- Vanilla Extract (3 1/2 tsp)
- Vegetable Oil (1/2 cup)

OTHER

- Olive Oil Spray
- Balsamic Vinegar (1 Tbsp)
- Sweetened Coconut Flakes (1 1/2 cup)
- Pecans, chopped (1 cup)

TIP OF THE WEEK:

Did you set any health goals for 2023? We have lots of lighter/healthy recipes on the site to help you keep hitting your goals, including this week's Baked Taquitos, Skinny Chicken Parm and Turkey Meatballs. For more healthy recipes, visit [HERE!](#)

No one really knows where the name Denver Omelete came from, but I do know that it is dang good! And EASY to customize. A typical Denver Omelete includes cheese, ham, mushrooms, bell peppers and onion. Feel free to switch up the ingredients -- add what you love and omit what you don't like. We love to top with [salsa](#), [pico de gallo](#) or more fresh veggies like avocados and tomatoes.



Click for the recipes or search on lilluna.com