

MON (MEXICAN)

Chicken Taco Soup

TUES (ITALIAN)

Zucchini Boats

WED (BRINNER)

Flatbread Breakfast Pizza

THUR (OTHER CUISINE)

Cheesy Spinach Roll Ups

FRI (DATE NIGHT)

WEEKEND

Country Style Pork Ribs

SIDES

Green Smoothie

Fresh Green Bean Casserole

DESSERT

Panna Cotta

SHOPPING LIST

PRODUCE

Zucchini (2)
Tomatoes (1)
Peppers (red, yellow, green), chopped
Spinach, frozen (10 oz)
Spinach, fresh (4 cup)
Avocado (1/2)
Pineapple Chunks, frozen (2 cup)
Green Beans (4 cup)
Raspberries (6 oz) + topping

GRAINS/BREAD

Breadcrumbs (1/8 cup)
Flatout Artisan Thin Pizza Crusts

SPICES

Onion Powder (1 1/4 tsp)
Cumin (1/2 tsp)
Chili Powder (1/2 tsp)
Garlic, minced (1/2 tsp)
Salt
Pepper
Parsley (1 Tbsp)
Garlic Powder (1 Tbsp)

CANNED GOODS

Chili Beans (16 oz)
Black Beans (15 oz)
Corn (15 oz)
Tomato Sauce (8 oz)
Chicken Broth (1/2 cup)
(2) Diced Tomatoes + Green Chilies (10 oz)
Cream of Mushroom Soup (1)

MEAT/PROTEIN

Chicken, cooked & shredded (2 cup)
Mild Italian Sausage (8 oz)
Turkey Sausage (1 cup)
Eggs (5)
Country Style Pork Ribs (2 1/2 lb)

DAIRY

Cheddar Cheese (8 oz)
Sour Cream, optional
Parmesan Cheese, grated (3/4 cup)
Mozzarella Cheese (1 1/4 cup)
Cream Cheese (1/4 cup)
Almond Milk (5 cup)
Vanilla Yogurt (1/2 cup)
Milk (1/2 cup)
Skim Milk (1/2 cup)
Heavy Whipping Cream (2 1/2)

PANTRY ITEMS

Olive Oil (1/2 Tbsp)
Soy Sauce (1 tsp)
Sugar (1 cup)
Vanilla Extract (1 1/2 tsp)

OTHER

Taco Seasoning (1 pkg)
Crescent Rolls (8 oz)
Worcestershire Sauce (1/2 Tbsp)
Liquid Smoke (1/2 Tbsp)
Sweet Baby Ray's BBQ Sauce (1 1/2 cup)
Chia Seeds (2 Tbsp)
Sweetener (2-4 tsp), optional
French Fried Onions (1 1/3 cup)
Unflavored Gelatin (.25 oz)
Lemon Juice (1 tsp)

TIP OF THE WEEK:

Panna Cotta is similar to a vanilla pudding, but much more fancy! A few tips when making: 1) continually whisk so that the mixture doesn't split/separate, 2) give it PLENTY of time to chill (4-8 hours) 3) serve in individual portions OR in one large portion, but that will require even more time to chill 4) switch up the topping - use your favorite berry sauce, chocolate or caramel - but make sure it is not warm or the Panna Cotta will melt. For more fancy desserts, try our **Creme Brule** or **Chocolate Mousse**!



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Our Green Smoothie is a favorite over here! Try some of our other amazing fresh smoothies [HERE!](#)