

**MON (MEXICAN)**

Salsa Chicken

**TUES (ITALIAN)**

Italian Sausage Soup

**WED (BRINNER)**

Brioche French Toast

**THUR (OTHER CUISINE)**

Flatout Wraps

**FRI (DATE NIGHT)**

**WEEKEND**

Chicken Crescent Roll Casserole

**SIDES**

Whole Wheat Bread

Kale Salad

**DESSERT**

Red Velvet Cheesecake Brownies

**SHOPPING LIST**

**PRODUCE**

Tomatoes, optional  
Cilantro, optional  
Carrots, sliced (1 cup)  
Zucchini (2)  
Spinach (2 cup)  
Romaine Lettuce (2 cup)  
Grape Tomatoes (20)  
Red Onion (2 Tbsp)  
Kale (6 cup)  
Apple (1)  
Shallot (1 Tbsp)

**GRAINS/BREAD**

Flatout Original Flatbreads (4)  
Brioche Bread (6 slices)

**SPICES**

Garlic, minced (1 Tbsp)  
Salt  
Pepper  
Garlic Salt with Parsley Flakes (1-2 tsp)  
Nutmeg (1/2 tsp)  
Kosher Sea Salt (3/4 tsp)

**CANNED GOODS**

Salsa (1 cup)  
(2) Beef Broth (14 oz)  
Italian Style Stewed Tomatoes (14.5 oz)  
Great Northern Beans (14.5 oz)  
Cream of Chicken Soup (1)

**MEAT/PROTEIN**

Chicken Breasts (4)  
Italian Sausage (1 lb)  
Turkey Bacon (8 slices)  
Turkey Deli Meat (4 oz)  
Eggs (7)  
Rotisserie Chicken (1)  
Bacon (6 slices)

**DAIRY**

Mexican Cheese (1 cup)  
Sour Cream (1/2 cup+)  
Monterrey Jack Cheese (2 Tbsp)  
American Cheese (2 slices)  
Milk (2 1/2 cup)  
Butter (1/2 cup + 1 Tbsp)  
Cheddar Cheese, shredded (3 cup)  
Unsalted Butter (3 Tbsp)  
Cream Cheese (8 oz)

**PANTRY ITEMS**

Light Mayo (1 Tbsp)  
Vanilla Extract (2 1/2 tsp)  
Sugar (1 1/4 cup + 1 tsp)  
Honey (2/3 cup)  
Rapid Rise Yeast (4 1/2 tsp)  
Bread Flour (5 cup)  
Whole Wheat Flour (3 1/2 cup)  
Apple Cider Vinegar (3 Tbsp)  
Dijon Mustard (1 tsp)  
Olive Oil (1/4 cup)  
Vinegar (1 tsp)  
Cocoa Powder (1/4 cup)  
Flour (3/4 cup)  
Baking Soda (1/2 tsp)

**OTHER**

Taco Seasoning Mix (4 tsp)  
Light Ranch Dressing (2 tsp)  
Crescent Rolls (8)  
Candied Pecans (2/3 cup)  
Dried Cranberries (1/4 cup)  
Apple Cider or Juice (3 Tbsp)  
Maple Syrup (3 Tbsp)  
Red Food Coloring (2 tsp)  
Whole Grain Dijon Mustard (2 tsp)

Valentine's Day is coming soon! We love Red Velvet anything for this time of year, including this week's Cheesecake Brownies. We also love our **Red Velvet Milkshake**, **Red Velvet Poke Cake** and our **Red Velvet White Chocolate Chip Cookies!**

**TIP OF THE WEEK:**

Brioche Bread is one of our FAVORITE breads to use for French Toast. It is thick with the perfect texture after it is cooked. PRO-TIP: If you have fresh Brioche, leave it out overnight in order to dry it out a bit. This will help prevent it from being soggy. Try using Brioche with our **French Toast Bake** too!

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