

MON (MEXICAN)

Mexican Lasagna

TUES (ITALIAN)

Chicken Alfredo Soup

WED (BRINNER)

Stuffed French Toast

THUR (OTHER CUISINE)

General Tso's Chicken

FRI (DATE NIGHT)

WEEKEND

Parmesan Crusted
Pork Chops

SIDES

Baked Sweet Potato Cubes

Puff Pastry Wrapped
Asparagus Rolls

DESSERT

Valentine Cookies

SHOPPING LIST

PRODUCE

Cilantro (1/4 cup)
Onion (1)
Strawberries (2/3 cup)
Broccoli Florets (3 cup)
Sweet Potatoes (2)
Asparagus (10 pieces)

GRAINS/BREAD

Flour Tortillas (6)
Texas Toast (8-10 slices)
White Rice, cooked (2 cup)
Italian Breadcrumbs (2-3 Tbsp)

SPICES

Garlic Powder (1 tsp)
Cumin (1/4 tsp)
Chili Powder (1/2 tsp)
Salt
Pepper
Garlic, minced (5 tsp)
Red Pepper Flakes (1 tsp)
Basil, fresh
Cinnamon (1 tsp)
Paprika (1/8 tsp)
Garlic Salt (1/2 tsp)
Italian Seasoning (1/2 tsp)
Parsley, garnish

CANNED GOODS

Black Beans (7 oz)
Chicken Broth (4 cup)
Corn (7 oz)
Las Palmas Green Chile Enchilada Sauce (3/4 cup)

MEAT/PROTEIN

Chicken, cooked (1/2 lb)
Chicken Breast (1 lb)
Eggs (9)
Chicken Thighs (3)
Pork Chops (4)

DAIRY

Sour Cream (8 oz)
Mexican Cheese Blend (4 oz)
Butter (1/2 cup + 3 Tbsp)
Half and Half (1 cup)
Parmesan Cheese, shredded (2/3 cup+)
Whipped Cream Cheese (8 oz)
Milk (1 cup)
Unsalted Butter (2 Tbsp)
Cream Cheese (5 oz)

PANTRY ITEMS

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

OTHER

Cheese Tortellini (9 oz)
Strawberry Jam (1/3 cup)
Syrup
Sweet Chili Sauce (2 Tbsp)
Rice Vinegar (1 Tbsp)
Puff Pastry (1 sheet)
M&M's, plain (red, pink & white)

TIP OF THE WEEK:

So, what is General Tso's chicken? It's a sweet, deep-fried chicken recipe served mostly in North American Chinese restaurants. It is a little spicier than our **Orange Chicken** but still has some sweetness to it. Very different flavors... both very delicious!! If you do like heat, you can increase the spice by adding ginger or red pepper flakes. Serve with rice for a full meal!



Click for the recipes
or search on
lilluna.com

Still looking for something special to do for your sweetie this Valentine's? It's not too late! We've got some great ideas for your **Valentine's Dinner** as well as lots of **Valentine's desserts**.