

MON (MEXICAN)

Pork Tacos

TUES (ITALIAN)

Chicken Parmigiana

WED (BRINNER)

Breakfast Pie

THUR (OTHER CUISINE)

Minestrone Soup

FRI (DATE NIGHT)

WEEKEND

Chicken Stir Fry

SIDES

Esquites

Cheese Puffs

DESSERT

Nutella Dip

SHOPPING LIST

PRODUCE

Pico de Gallo
Sweet Onion (1/2)
Carrots (3/4 cup)
Celery (1/2 cup)
Cabbage (1/2 cup)
Green Beans, frozen (1/2 cup)
Peas, frozen (1/2 cup)
Spinach (1/2 cup)
Corn, frozen (24 oz)
Cilantro, garnish
Lime (1)

GRAINS/BREAD

Corn Tortillas
Thin Linguine (1/2 lb)
Bisquick (3/4 cup)
Pearl Barley (1/4 cup)
Miniature Shell Pasta (1/2 cup)

SPICES

Garlic, minced (4 Tbsp)
Dry Mustard (3/4 tsp)
Cumin (1 tsp)
Chili Powder (1/3 tsp)
Salt
Pepper
Onion Powder (1/2 tsp)
Parsley, fresh (1/8 cup)
Oregano (1/2 Tbsp)
Basil (1 1/4 tsp)
White Pepper (3/4 tsp)
Garlic Salt with Parsley Flakes

CANNED GOODS

Green Enchilada Sauce (28 oz)
Chicken Stock (1/3 cup)
Crushed Tomatoes (24 oz)
Diced Tomatoes (8 oz)
Tomato Paste (3 oz)
Kidney Beans (1/2 can)
Garbanzo Beans (1/2 can)
Chicken Broth (1/4 cup)

MEAT/PROTEIN

Pork Sirloin Roast (3 lbs)
Chicken Breast (8)
Eggs (7)
Bacon, cooked (6)

DAIRY

Butter (1/2 cup + 3 Tbsp)
Parmesan Cheese, grated (3/4 cup)
Milk (1 1/2 cup)
Cheddar Cheese (2 cup)
Parmesan Rind, optional (1/2)
Parmigiano Reggiano, fresh
Gruyere Cheese (1/2 cup)
Cream Cheese (8 oz)

PANTRY ITEMS

Sugar (3/4 cup + 1 Tbsp + 2 tsp)
Brown Sugar (3/4 cup)
Flour (1 1/4 cup)
Olive Oil (1/4 cup + 1 Tbsp)
Cornstarch (1 1/2 tsp)
Soy Sauce (4 Tbsp)
Vegetable Oil (2 Tbsp)
Mayonnaise (1/4 cup)
Powdered Sugar (1/3 cup)

OTHER

Dr. Pepper (16 oz)
Frozen Diced Hashbrowns (2 cup)
Beef Bouillon (3 tsp)
Chicken Bouillon (3 tsp)
Rice Vinegar (3 tsp)
Sesame Oil (2 tsp)
Stir Fry Medley (12 oz)
Lime Juice (2 tsp)
Mexican Crema (1/3 cup)
Cotija Cheese (1/2 cup)
Nutella (3/4 cup)
Cool Whip, light (1 cup)
Mini Chocolate Chips
Items to Dip (Ex: berries, bananas, graham crackers, pretzels, etc.)

TIP OF THE WEEK:

Gougères is the French term for the cheese puffs on this week's menu. Think cream puff but with a savory cheese flavor. For the cheese, we used a combination of Gruyere and cheddar. You can always change up the type of cheese you use, as long as it's a kind that melts and incorporates easily.

Click for the recipes or search on lilluna.com

When I dip, you dip, we dip!! We LOVE dips... and our Nutella Dip does not disappoint! Favorite items to dip are: fruits (berries, apples, etc), graham crackers, Oreos, pretzels and more. Have a dipping party and whip up a few favorites like our [Cream Cheese Fruit Dip](#) or our [Apple Brickle Dip](#)!