

**MON (MEXICAN)**

Mexican Casserole

**TUES (ITALIAN)**

Lasagna Soup

**WED (BRINNER)**

Sweet Potato Breakfast

**THUR (OTHER CUISINE)**

Chinese Lemon Chicken

**FRI (DATE NIGHT)**

**WEEKEND**

Pot Roast and Gravy

**SIDES**

Cream Cheese Wontons

Parmesan Potatoes

**DESSERT**

Andes Mint Cookies

**SHOPPING LIST**

**PRODUCE**

Cilantro  
Basil Leaves (1/2 cup)  
Sweet Potatoes (2 medium)  
White Sweet Potato (1 medium)  
Red Bell Pepper (1/4)  
Green Bell Pepper (1/4)  
Lemon (1)  
Red Potatoes (4)

**GRAINS/BREAD**

Mexican Rice (1 1/2 cups)  
Bowtie Pasta (16 oz)

**SPICES**

Taco Seasoning (1 package or 1/4 cup)  
Onion Powder (1 Tbsp)  
Oregano (1 Tbsp)  
Crushed Red Pepper (2 tsp)  
Salt and Pepper  
Sea Salt (1 1/2 tsp)  
Garlic Salt with Parsley Flakes  
Ground Lemon Pepper (2 tsp)  
Garlic Pepper (1 tsp)  
Paprika (1 tsp)  
Garlic, minced (10 tsp)

**CANNED GOODS**

Can of Green Chiles (4 oz)  
Tomato Paste (2 Tbsp)  
Diced Roasted Tomatoes (28 oz)  
Cream of Chicken Soup (1 1/2 10.75 oz cans)

**MEAT/PROTEIN**

Chicken Breasts (8, cubed)  
Italian Sausage (1 lb)  
Eggs (6)  
Beef Chuck Roast (2-3 lbs)

**DAIRY**

Mexican Cheese (4 cups)  
Ricotta Cheese (8 oz)  
Parmesan Cheese (1 cup)  
Mozzarella Cheese (1 cup)  
Shredded Cheese (1/2 cup)  
Milk (1 cup)  
Cream Cheese (4 oz)

**PANTRY ITEMS**

Vegetable Oil (1 1/2 cups)  
Olive Oil (7 Tbsp)  
Flour (1 1/2 cups)  
Honey (1/2 cup)  
Soy Sauce (1/4 cup)  
Brown Sugar (1/4 cup)  
Apple Cider Vinegar (2 Tbsp)

**OTHER**

Salsa (1 1/2 cups)  
Pineapple Juice (1/4 cup)  
Brown Gravy Dry Mix (1 Tbsp)  
Ranch Dry Seasoning Mix (3 Tbsp)  
Italian Dressing Dry Mix (1 Tbsp)  
Egg Roll or Wonton Wrappers  
Chicken Stock (6 cups)  
Chocolate Cake Mix (1)  
Andes Baking Bits (1 package)

**TIP OF THE WEEK:**

Mexican Casserole is on the menu this week. If you haven't tried this dish yet, you're in for a yummy surprise! This casserole is layered with chicken, rice, and cheese and is packed with flavor. The recipe calls for Mexican rice. If you have some leftover Mexican rice from another meal that is sitting in your fridge, that's perfect! If not, try our phenomenal homemade Spanish Rice. It is one of Lil' Luna's most popular recipes. It's quick and easy to make and super delicious! If you're not up for making homemade rice, a Mexican or Spanish rice box mix is totally fine! Just be sure the rice is already cooked before making the casserole.



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