

MON (MEXICAN)

Homemade Taco Pizza

TUES (ITALIAN)

Parmesan Chicken Manicotti

WED (BRINNER)

Frittata

THUR (OTHER CUISINE)

Cheeseburger Soup

FRI (DATE NIGHT)

WEEKEND

Easy Baked Salmon

SIDES

Fruit Smoothie

Baked Parmesan Asparagus

DESSERT

Key Lime Cake

SHOPPING LIST

PRODUCE

- Tomato (1)
- Shredded Lettuce (1 cup)
- Cilantro
- Asparagus (1 bundle + 3/4 cup, chopped)
- Carrots (1 1/2 cups)
- Potatoes (6 medium)
- Parsley (1 Tbsp)
- Extra Veggies (zucchini, tomatoes, etc)
- Kiwi (1)
- Banana (1)
- Strawberries (1 cup)
- Blueberries (1/2 cup)

GRAINS/BREAD

- Premade Pizza Crust (1)
- Manicotti (14 pieces)

SPICES

- Oregano (2 tsp)
- Italian Seasoning (1 tsp)
- Salt
- Pepper (2 tsp)
- Parsley (1 Tbsp, chopped)
- Onion Flakes (1 Tbsp)
- Basil (2 tsp)
- Thyme (1 tsp)
- Minced Garlic (2 tsp)
- Garlic Salt with Parsley Flakes (1 tsp)
- Garlic Pepper
- Kosher Salt

CANNED GOODS

- Refried Beans (1 16 oz can)
- Olives (1/2 cup, diced)
- Crushed Tomatoes (1 can)
- Evaporated Milk (2 cans)

MEAT/PROTEIN

- Ground Beef (2 - 2 1/2 lb)
- Chicken (1 cup, shredded)
- Eggs (8)
- Ham (3/4 cup, chopped)
- Bacon Bits (optional)
- Salmon Fillets (two 6-ounce)

DAIRY

- Mexican Cheese (2 cups)
- Ricotta Cheese (2 cups)
- Parmesan Cheese (3 cups)
- Butter (9 Tbsp)
- Sliced Velveeta (1 package)
- Plain or Vanilla Greek Yogurt (1 cup)

PANTRY ITEMS

- Flour or Wondra (1/2 cup)
- Olive Oil (6 Tbsp)

OTHER

- Taco Seasoning (1 package or 1/4 cup)
- Salsa (3/4 cup)
- Chicken Broth (1 carton)
- Lemon Juice (1 Tbsp)
- Olive Oil
- Ice Cubes (1 cup)
- Pineapple Juice (1/2 cup)

TIP OF THE WEEK:

Frittatas are on the menu for brinner (breakfast + dinner) this week. If you've never had a frittata, it is similar to but different than an **omelette** or **quiche**. To make a frittata, first you mix the eggs and fillings together, then cook in a skillet and finally broil in the oven. It may sound complicated, but we promise it's not! A few tips we have to get your frittata to turn out just right are: use full fat cream, precook any mix ins, and don't over bake. We hope this dish is a new favorite for your family!



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