

**MON (MEXICAN)**

**Mexican Chicken Corn Soup**

**TUES (ITALIAN)**

**Pepperoni Pizza**

**WED (BRINNER)**

**Biscuits and Gravy**

**THUR (OTHER CUISINE)**

**Baked Spaghetti Squash**

**FRI (DATE NIGHT)**

**WEEKEND**

**Easy Meatloaf**

**SIDES**

**Mexican Cornbread**

**Best Mashed Potatoes**

**DESSERT**

**Lemon Bars**

**SHOPPING LIST**

**PRODUCE**

Frozen Corn (3-4 cups)  
Spaghetti Squash (1)  
Tomatoes, chopped (1 1/2 cups)  
Fresh Basil, chopped (2 Tbsp)  
Onion, diced (1/4 cup)  
Jalapeno (1)

**GRAINS/BREAD**

Bread Slices (4)

**SPICES**

Minced Garlic (3 tsp)  
Kosher Salt (3-4 tsp)  
Dried Oregano (1 tsp)  
Ground Cumin (1 tsp)  
Paprika (1/4 tsp)  
Ground Pepper (1 tsp)  
Cayenne Pepper (1/4 tsp)  
Salt (6 tsp)  
Dry Mustard (2 tsp)  
Pizza Seasoning (2 tsp, optional)

**CANNED GOODS**

Tomatoes with Green Chiles (10 oz can)  
Sliced Black Olives (3 Tbsp)

**MEAT/PROTEIN**

Chicken, cooked (3 cups)  
Jimmy Dean Sausage (16 oz)  
Ground Beef (2 lbs 80% lean)  
Egg (3)  
Pepperoni (2 cups mix of regular and mini)

**DAIRY**

Butter (2 tsp)  
Heavy Whipping Cream (3/4 cup)  
Colby Jack Cheese  
Milk (1-2 cups)  
Crumbled Feta Cheese (3/4 cup)  
Buttermilk (1 1/4 cup)  
Cheddar Cheese (3/4 cup)  
Shredded Mozzarella Cheese (6-8 cups)

**PANTRY ITEMS**

Rapid Rise Yeast (3 Tbsp)  
Sugar (4 Tbsp)  
Vegetable Oil (1 cup)  
Flour (9 cups)  
Cornmeal (1/2 cup + 1 Tbsp)  
Olive Oil  
Brown Sugar (2/3 cup)  
Baking Powder (1 Tbsp)

**OTHER**

Chicken Broth (6 cups)  
Biscuits (16.3 oz can)  
Ketchup (1 cup)  
Lemon Juice (2 Tbsp)  
Beef Bouillon Cube (1)  
Pizza Sauce (2 cups)  
Additional Pizza Toppings (sausage crumbles, chopped peppers, chopped bacon), optional

**TIP OF THE WEEK:**

Have you made homemade pizza before? If not, try it this week! Here are some tips for making **homemade pizza** dough: Use your hands instead of a rolling pin to help the dough be warm so it will stretch better, use a hot oven and a pizza stone (if you don't have a stone, place a pizza pan or baking sheet into the oven to preheat), shred your own cheese (preshredded packaged cheese doesn't melt as well), brush the exposed dough/crust with olive oil to help it stay moist. For an even yummiier pizza, use our **homemade pizza seasoning** and **sauce** instead of storebought!



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