

**MON (MEXICAN)**

Dorito Casserole

**TUES (ITALIAN)**

Chicken Alfredo Bake

**WED (BRINNER)**

Avocado Eggs

**THUR (OTHER CUISINE)**

French Dip Sandwich

**FRI (DATE NIGHT)**

**WEEKEND**

Lemon Pepper Chicken

**SIDES**

Hash Browns

Homemade French Fries

**DESSERT**

Funfetti Blondies

**SHOPPING LIST**

**PRODUCE**

Cilantro (optional)  
Avocados (5)  
Tomatoes (optional)

**GRAINS/BREAD**

Penne Pasta (12 oz)  
Hoagie Buns (4)

**SPICES**

Taco Seasoning (1 package or 1/4 cup)  
Thyme (1/4 tsp)  
Poultry Seasoning (1/4 tsp)  
Salt and Pepper  
Minced Garlic (2 tsp)  
Italian Seasoning (garnish)  
Garlic Powder (1 tsp)  
Dried Rosemary (1 tsp)  
Dried Thyme (1 tsp)  
Onion Powder (1/2 tsp)  
Bay Leaf (1)  
Lemon Pepper Seasoning (1 Tbsp)

**CANNED GOODS**

Green Chile Enchilada Sauce (16 oz)  
Beef Broth (1 can)

**MEAT/PROTEIN**

Ground Beef, lean (1 lb)  
Chicken Breasts, boneless skinless (3 lbs)  
Eggs (8)  
Bacon (4 pieces)  
Rib Eye Beef Roast (3-4 lbs)

**DAIRY**

Sour Cream (1 cup)  
Monterey Jack Cheese (4-5 cups)  
Butter (10 Tbsp)  
Half and Half (3 cups)  
Milk (3 cups)  
Kraft Italian Five Cheese Blend (3 cups)  
Low-fat Cheese (4 Tbsp)  
Provolone Cheese (8 slices)

**PANTRY ITEMS**

Vegetable Oil  
Olive Oil (2 Tbsp)  
Flour (1/2 cup)

**OTHER**

Nacho Cheese Doritos (6-7 cups)  
Italian Dressing (optional)  
Soy Sauce (1/2 cup)

**TIP OF THE WEEK:**

On Thursday, it's all about French food when we have **French Dip Sandwiches** and **Homemade French Fries** (anyone else thinking of the movie Better Off Dead??). Since you dip the French Dip Sandwich in broth, it's important that the bread you are using is a good quality sturdy crusty bun that you get from a bakery, not a soft hamburger bun/roll. You don't want your bread disintegrating and falling apart as you eat it. When making the French fries, you want to make sure your oil is between 350° and 370°F. If your oil is too hot, the fries will burn before cooking through. If it is not hot enough, the fries will become saturated and limp without ever cooking correctly. If you don't want to deep fry them, you can bake them or use an air fryer. Check out the recipe post for directions on these alternative cooking methods!



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