

MON (MEXICAN)

Red Cheese Enchiladas

TUES (ITALIAN)

Mini Pizzas

WED (BRINNER)

Banana Oatmeal Pancakes

THUR (OTHER CUISINE)

Beef and Broccoli

FRI (DATE NIGHT)

WEEKEND

Honey Mustard Chicken

SIDES

Sour Cream Rice

Cucumber Tomato Avocado Salad

DESSERT

Ice Cream Sandwich Cake

SHOPPING LIST

PRODUCE

Cherry Tomatoes (1 3/4 cup)
Fresh Basil, chopped (4 leaves)
Bananas, mashed (1 cup)
Berries (for pancake topping), optional
Bananas (for pancake topping), optional
Broccoli, chopped (4 cups)
Fresh Ginger (1/2 tsp)
Brussel Sprouts (1 lb)
Carrots (1 lb)
Cilantro (1 bunch + 1/2 cup)
Cucumber (1)
Avocados (2)

GRAINS/BREAD

Corn Tortillas
Long Grain Rice, uncooked (1 cup)

SPICES

Chili Powder (3 Tbsp)
Garlic Powder (1/2 tsp)
Oregano (1/4 tsp)
Salt
Cumin (1/2 tsp)
Minced Garlic (6 tsp)
Garlic Salt
Pepper
Cinnamon (1/2 tsp)
Garlic Salt with Parsley Flakes (1/2 tsp)

CANNED GOODS

Chicken Broth (4 cups)
Green Chiles (4 oz)
Corn (15.25 oz)

MEAT/PROTEIN

Egg (1)
Flank Steak (1 lb)
Boneless Skinless Chicken Breasts (4 small)

DAIRY

Mexican Blend Cheese, shredded
Mozzarella Cheese, shredded (1 cup)
Parmesan Cheese, grated (2 Tbsp)
Milk (1 1/3 cup)
Butter (1 Tbsp)
Sour Cream (1 cup)
Monterey Jack Cheese, shredded (1 cup)
Feta Cheese (1/2 cup)
Whipped Cream (4 cups)

PANTRY ITEMS

Vegetable Oil (6 Tbsp)
Flour (2 cups)
Olive Oil (3 Tbsp)
Oats (3/4 cup)
Sugar (1 Tbsp)
Baking Powder (2 Tbsp)
Cornstarch (3 Tbsp)
Soy Sauce (1/4 cup)
Rice Vinegar (1/4 cup)
Brown Sugar (3 Tbsp)
Sesame Oil (1/2 tsp)
Honey (1/4 cup)

OTHER

Pizza Crust, refrigerated (13.8 oz)
Sesame Seeds
Dijon Mustard (3 Tbsp)
Whole Grain Mustard (2 Tbsp)
Italian Dressing (1/4 cup)
Hot Fudge Sauce (1/2 cup)
Instant Chocolate Pudding (3.9 oz)
Oreos, chopped (2 cups)
Ice Cream Sandwiches (12)



Click for the recipes or search on liluna.com

TIP OF THE WEEK:

Beef and Broccoli is in the Meal Plan this week. Did you know a super easy trick to get nice thin slices of beef is to throw your beef in the freezer for about 30-45 minutes? This will stiffen it up enough to cut. Allow it to thaw in the marinade. To help tenderize the meat, add 1/2 tsp of baking soda to marinade.

