

MON (MEXICAN)

Walking Tacos

TUES (ITALIAN)

Pasta Carbonara

WED (BRINNER)

Chorizo and Eggs

THUR (OTHER CUISINE)

Chinese Chicken Salad

FRI (DATE NIGHT)

WEEKEND

Steak with Marinade

SIDES

Homemade Flour Tortillas

Twice Baked Potatoes

DESSERT

Apple Cobbler

SHOPPING LIST

PRODUCE

Fresh Parsley
Napa Cabbage, finely shredded (4 cups)
Red Cabbage, finely shredded (1 1/2 cups)
Carrot, finely julienned (1 cup)
Potatoes (6-8)
Fresh Chives, chopped
Tart Cooking Apples (7-8 large)

GRAINS/BREAD

Corn Chips (6 1 oz packages)
Spaghetti (1/2 lb)

SPICES

Taco Seasoning (1 envelope)
Italian Seasoning (1/4 tsp)
Minced Garlic (1/2 tsp)
Pepper
Salt
All Spice (1/2 tsp)
Minced Garlic (1 1/2 tsp)
Garlic Powder (1/4 tsp)
Paprika (1/4 tsp)
Cinnamon (3/4 tsp)

CANNED GOODS

MEAT/PROTEIN

Ground Beef (1 lb)
Bacon, cooked (10 slices)
Mexican-Style Chorizo (1/2 cup)
Eggs (8)
Chicken, shredded (2 cups)
Steak of choice: flat-iron, skirt, top sirloin or flank steak (1 lb)

DAIRY

Cream Cheese (4 oz)
Milk (1 Tbsp)
Grated Parmesan Cheese (3/4 cup)
Butter (1 cup + 4 Tbsp)
Monterey Jack Cheese, shredded
Sour Cream (2 cups)
Cheddar Cheese, shredded (2 cups)

PANTRY ITEMS

Sugar (3 1/4 cup)
Soy Sauce (3/4 cup)
Rice Wine Vinegar (1/4 cup)
Vegetable Oil (1 Tbsp)
Sesame Oil (3 Tbsp)
Flour (4 cups + 2 Tbsp)
Baking Powder (3 tsp)

OTHER

Toppings for Walking Tacos: Lettuce, shredded Mexican cheese, sour cream, guacamole, cherry tomatoes
Crunchy Noodles (1/2 cup)
Sesame Seeds (3 Tbsp)
Italian Dressing (1 cup)
A1 Original Sauce (1/2 cup)
Worcestershire Sauce (1/2 cup)
Lemon Juice, optional (1 tsp)
Ice Cream to go with Cobbler, optional



Click for the recipes or search on lilluna.com

TIP OF THE WEEK:

We've got **steak** on this menu this week for Father's Day! Here are some of our best grilling tips: 1. Start with a clean grill and add a little oil to the grate before heating. 2. Allow the steaks to come to room temperature before putting them on the grill. 3. Only flip the steak once. 4. Let the meat rest after taking it off the grill. The steak will continue to cook a bit and the juices will distribute. Find more grilling tips and recipes [HERE](#).

