

MON (MEXICAN)

Mexican Chicken

TUES (ITALIAN)

Baked Spaghetti

WED (BRINNER)

Tater Tot Breakfast Casserole

THUR (OTHER CUISINE)

Chicken Souvlaki

FRI (DATE NIGHT)

WEEKEND

Sloppy Joes

SIDES

Peach Mango Smoothie

Easy Coleslaw

DESSERT

Dessert Kabobs

SHOPPING LIST

PRODUCE

Fresh Basil
Green Onions
Red Bell Pepper (1)
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Onion, diced (3/4 cup)
Green Bell Pepper, diced (3/4 cup)
Mango (1)
Peaches (1-2)
Coleslaw Mix (14 oz bag)
Strawberries (12)

GRAINS/BREAD

Spaghetti, uncooked (8 oz)
Hamburger Buns (8)

SPICES

Minced Garlic (4 tsp)
Garlic Salt with Parsley Flakes (2 tsp)
Pepper
Salt
Cumin (1 tsp)
Oregano (2 tsp)
Basil (1 tsp)
Garlic Powder (1 tsp)
Seasoned Salt (1 tsp)

CANNED GOODS

Spaghetti Sauce (14 oz)
Tomato Sauce (2 8 oz cans)

MEAT/PROTEIN

Boneless, Skinless Chicken Breasts (7)
Egg (13)
Ground Beef/Ground Round (2 lbs)
Italian Sausage (1/2 cup)
Sausage Crumbles (10 oz)
Bacon (1 lb)

DAIRY

Cheddar Cheese, shredded (3 cups)
Milk (1 cup)
Mozzarella Cheese, shredded (8 oz)
Monterey Jack Cheese, shredded (1 cup)
Greek Yogurt (1/2 cup)
Peach Yogurt (6 oz)

PANTRY ITEMS

Sugar (2 1/2 Tbsp)
Apple Cider Vinegar (2 Tbsp)
Brown Sugar (2 Tbsp)

OTHER

Salsa (1 cup)
Cooking Spray
Tater Tots (32 oz)
Fresh Lemon Juice (1/4 cup)
Ketchup (1/2 cup)
Barbecue Sauce (1/2 cup)
Dijon Mustard (2 Tbsp)
Chili Sauce (2 Tbsp)
Orange Peach Mango Juice (1/2 cup)
Ice (1 cup)
Mayonnaise (1/2 cup)
Rice Krispie Treats (3)
Brownie Bites (6)
Large Marshmallows (6)
Mini Cream Puffs (6)
Chocolate Candy Coating (5-6 cubes)



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TIP OF THE WEEK:

We love having freezer meals ready to pop in the oven on a busy day. **Baked Spaghetti** is on the menu this week and makes a great freezer meal. Double the recipe and, after adding the sauce, cover one pan with foil and put in the freezer to use later.

