

MON (MEXICAN)

Chicken Quesadillas

TUES (ITALIAN)

Spaghetti Casserole

WED (BRINNER)

Creme Brulee French Toast

THUR (OTHER CUISINE)

Crockpot Teriyaki Chicken

FRI (DATE NIGHT)

WEEKEND

Parmesan Crusted Pork Chops

SIDES

Guacamole

Brussel Sprout Salad

DESSERT

Strawberry Sheet Cake

SHOPPING LIST

PRODUCE

- Avocados (5)
- Roma Tomatoes (2)
- Onion, chopped (1/2), optional
- Cilantro, chopped (2 Tbsp)
- Jalapeno Pepper, chopped (2 Tbsp)
- Fresh Parsley, chopped (1/4 cup)
- Brussel Sprouts (2 lbs)
- Pomegranate Seeds (1/2 cup)
- Strawberries (16 oz)
- Strawberry Puree (1/4 cup)

GRAINS/BREAD

- Tortillas (6)
- Spaghetti (16 oz)
- Texas Toast (1 loaf)
- Rice

SPICES

- Taco Seasoning (1/2 tsp)
- Garlic Salt with Parsley Flakes (1 1/4 tsp)
- Dried Oregano (1 tsp)
- Dried Basil (1 tsp)
- Salt
- Ground Ginger (3/4 tsp)
- Minced Garlic (2 tsp)
- Pepper (1 tsp)
- Paprika (1/8 tsp)
- Dried Parsley (1 tsp)
- Garlic Powder (1/2 tsp)
- Cumin (1/2 tsp)
- Cayenne Pepper (1/4 tsp)

CANNED GOODS

- Spaghetti Sauce (2 26.5 oz jars)

MEAT/PROTEIN

- Shredded Chicken, seasoned (2 cups)
- Ground Beef (2 lbs)
- Eggs (8)
- Chicken Thighs, boneless (3-4 lbs)
- Boneless Pork Chops (4)
- Sliced Almonds (1/2 cup)

DAIRY

- Mexican Cheese (2 cups)
- Sour Cream (1 1/2 cups)
- Mozzarella Cheese, shredded (2 cups)
- Parmesan Cheese, grated (1 cup)
- Butter (1/2 cup)
- Half and Half (1 1/2 cups)
- Shaved Parmesan
- Unsalted Butter (1/4 cup)
- Cream Cheese (4 oz)

PANTRY ITEMS

- Hot Sauce (2 tsp)
- Brown Sugar, packed (1 cup)
- Corn Syrup (2 Tbsp)
- Vanilla (2 tsp)
- Sugar (3/4 cup)
- Soy Sauce (1/4 cup)
- Apple Cider Vinegar (6 Tbsp)
- Corn Starch (4 tsp)
- Olive Oil (6 Tbsp)
- Rice Vinegar (2 Tbsp)
- Vegetable Oil (3/4 cup)
- Powdered Sugar (3 cups)

OTHER

- Mayonnaise (1 cup)
- Italian Bread Crumbs (2-3 Tbsp)
- Lime Juice (2+ Tbsp)
- Lemon Juice (2 Tbsp)
- White Cake Mix (1 box)
- Strawberry Jello Mix (3 oz)



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TIP OF THE WEEK:

On the menu this week is **Creme Brulee French Toast**. It's sweet, caramely and delicious! Using stale/dry bread is the best for making French toast. When using dry bread, it really soaks up the egg mixture and the bread will not fall apart. Using soft, thin bread slices results in soggy slices that will break into pieces. Don't forget to top it with **homemade Whipped Cream** or **Buttermilk Syrup**.

