

**MON (MEXICAN)**

Slow Cooker Barbacoa

**TUES (ITALIAN)**

Italian Pork Chops

**WED (BRINNER)**

Breakfast Strata

**THUR (OTHER CUISINE)**

Coconut Curry Chicken

**FRI (DATE NIGHT)**

**WEEKEND**

Ham and Bean Soup

**SIDES**

Easy Fruit Salad

Crock Pot Rice

**DESSERT**

Sugar Cookie Bars

**SHOPPING LIST**

**PRODUCE**

- Fresh Cilantro (1/4 cup)
- Lime Wedges, optional
- Zucchini Squash (1)
- Summer Squash (1)
- Red Bell Pepper (1)
- Yellow Onion (1/2)
- Carrots (5)
- Russet Potatoes (2)
- Celery (2 ribs)
- Green Grapes (2 cups)
- Red Grapes (2 cups)
- Pineapple, cubed (1-2 cups)
- Strawberries, sliced (1 cup)
- Blackberries (1 cup)
- Kiwi, sliced (1 cup)

**GRAINS/BREAD**

- White Bread (12 slices)
- White Rice (3 cups)

**SPICES**

- Minced Garlic (6 tsp or 6 cloves)
- Chili Powder (1 Tbsp)
- Cumin (1 Tbsp)
- Oregano (1 Tbsp)
- Garlic Salt ( 1 1/2 tsp)
- Black Pepper (2 tsp)
- Salt (2 tsp)
- Fresh Cracked Black Pepper (to taste)
- Minced Onion (2 tsp)
- Garlic Salt with Parsley Flakes (to taste)
- Bay Leaf (1)

**CANNED GOODS**

- Beef Broth, low sodium (1/2 cup)
- Green Chiles (4 oz)
- Coconut Milk, full fat (14 oz)
- Chicken Broth, low sodium (7 cups)
- Great Northern Beans (4 15.5 oz cans)

**MEAT/PROTEIN**

- Chuck Roast (3-4 pounds)
- Pork Chops, bone-in thin cut (4)
- Ham, cooked and cubed (4 cups)
- Eggs (7)
- Chicken Breasts (1 lb)

**DAIRY**

- Freshly Grated Parmesan (1/4 cup plus more for garnish)
- Monterey Jack Cheese, shredded (2 cups)
- Cheddar Cheese, shredded (2 cups)
- Butter (18 Tbsp)
- Milk (4 cups)
- Cream Cheese (8 oz package)

**PANTRY ITEMS**

- Apple Cider Vinegar (2 Tbsp)
- Virgin Olive Oil (4 Tbsp)
- Vegetable Oil (1 Tbsp)
- Brown Sugar (6 Tbsp)
- Vanilla Extract (2 tsp)
- Cooking Spray
- Sugar (1 1/4 cups)
- Almond Extract (1 1/2 tsp)
- Flour (1 3/4 cups)
- Baking Soda (1 tsp)
- Baking Powder (1 tsp)
- Powdered Sugar (3 1/2 cups)

**OTHER**

- Lime Juice (3 Tbsp)
- Yellow Curry Powder (3 Tbsp)
- Red Curry Paste (1 1/2 Tbsp)
- Fish Sauce (1 tsp)
- Pineapple Juice (1/4 cup)
- Orange Juice (2 Tbsp)
- Food Coloring for Sugar Cookie Bars Frosting
- Sprinkles for Sugar Cookie Bars

**TIP OF THE WEEK:**

Do you have leftover **ham** from Easter dinner? If so, that's fantastic! Two of our recipes this week call for chopped ham. One of those recipes is **Strata**. This breakfast casserole is layered with milk, eggs, ham, cheese and bread. It's best when made the night before and refrigerated until it's time to bake it. The other recipe is **Ham and Bean Soup**. The ingredients call for low sodium chicken broth. This is because ham tends to already be quite salty and you don't want to have an overly salty soup. Both of these recipes are great ways to use up that leftover ham!

Click for the recipes or search on [lilluna.com](http://lilluna.com)