

**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 [liluna.com](http://liluna.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](#).

