

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)

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**.



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