

MON (MEXICAN)

Southwest Salad

TUES (ITALIAN)

Easy Baked Ziti

WED (BRINNER)

Omelette

THUR (OTHER CUISINE)

Indian Fry Bread

FRI (DATE NIGHT)

WEEKEND

Crock Pot Ribs

SIDES

Hash Browns

Baked Beans

DESSERT

Chocolate Chip Cookie Delight

SHOPPING LIST

PRODUCE

Romaine Lettuce, chopped (1 head)
Orange Bell Pepper, chopped (1 large)
Cherry Tomatoes (1 pint)
Avocado (4)
Green Onions, diced (optional)
Cilantro (1 bunch)
Jalapenos, diced (1-3 Tbsp)
Fresh Basil (for garnish)
Spinach (for Omelette filling), optional
Bell Pepper (for Omelette filling), optional
Baby Tomatoes (1 pint)
Shredded Lettuce (for topping Fry Bread)
Sliced Tomatoes (for topping Fry Bread)
Diced Avocados (for topping Fry Bread)
Russet Potatoes (2)

GRAINS/BREAD

Ziti Pasta (16 oz)

SPICES

Minced Garlic (1 tsp)
Garlic Salt with Parsley Flakes (1 tsp)
Italian Seasoning (1 tsp)
Salt
Pepper
Dried Oregano (2 tsp)
Chili Powder (2 tsp)
Dry Mustard (1 tsp)

CANNED GOODS

Black Beans (15.25 oz)
Corn (2 cups)
Marinara Sauce (1 1/2 - 2 cups)
Diced Tomatoes (14.5 oz)
Pork and Beans (60 oz)

MEAT/PROTEIN

Chicken Breasts, cooked and cubed (2)
Ground Beef (1 1/2 lb)
Mild Italian Sausage (1/2 lb)
Eggs (12)
Dried Pinto Beans (2 cups)
Bacon, cooked and chopped (2-3 slices)
Baby Back Pork Ribs (3 lbs)
Uncooked Bacon (6 slices)

DAIRY

Sour Cream (1 1/2 cups)
Milk (3 1/2 cups)
Cream Cheese (12 oz)
Fresh Mozzarella, sliced (8 oz)
Shredded Mozzarella Cheese (2 1/2 cups)
Butter (6 Tbsp)
Sour Cream (for topping Indian Fry Bread)
Shredded Cheese (for topping Fry Bread)

PANTRY ITEMS

Flour (2 cups)
Baking Powder (1 Tbsp)
Vegetable Oil (for frying)
Brown Sugar (1 cup)
Apple Cider Vinegar (1/4 cup)
Worcestershire Sauce (1 tsp)
Powdered Sugar (1 cup)

OTHER

Ranch Dip or Dressing Mix (1 packet or 3 Tbsp)
Mayonnaise (1 cup)
Barbecue Sauce (2 cups)
Ketchup (1/2 cup)
Chocolate Chip Cookie Dough (16 oz)
Cool Whip (16 oz)
Chocolate Pudding Mix (3.4 oz)
White Chocolate Pudding Mix (3.4 oz)
Mini Chocolate Chips



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TIP OF THE WEEK:

If you've never had **Indian Fry Bread**, you're in for a treat! These crispy-on-the-outside-and-soft-on-the-inside pillows of dough work for both dinner and dessert! The recipe includes a beef and bean topping, but you can also top them with **chili**, **shredded chicken** or **guacamole**. Or, if you're wanting something sweet, try topping them with **honey butter** or **cinnamon butter**. Any way you eat them, they're delicious!

