

# Bless this Mess

Food, Farm, Family

## - WEEKLY MEAL PLAN 4: SHOPPING LIST -

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**GET THE MEAL PLAN: <http://wp.me/p31nzM-52W>**

### GROCERIES

- |  |   |
|--|---|
| <input type="checkbox"/> 4 carrots                           | <input type="checkbox"/> 1 pound boneless chicken breasts                                     |
| <input type="checkbox"/> 4 cups baby spinach                 | <input type="checkbox"/> 8 ounces Italian chicken sausage                                     |
| <input type="checkbox"/> 8 ounces white mushrooms            | <input type="checkbox"/> Bumble Bee SuperFresh Tilapia with Garlic and Extra Virgin Olive Oil |
| <input type="checkbox"/> 2 bell peppers                      | <input type="checkbox"/> 3-6 strips bacon   |
| <input type="checkbox"/> 3 onions                            | <input type="checkbox"/> 6 burrito sized flour tortillas                                      |
| <input type="checkbox"/> 10 spears fresh asparagus           | <input type="checkbox"/> 1 pound elbow macaroni   |
| <input type="checkbox"/> 1 cup fresh green beans             | <input type="checkbox"/> 2 cups uncooked long-grain white rice                                |
| <input type="checkbox"/> 1 medium butternut squash           | <input type="checkbox"/> 1 15-ounce can black beans   |
| <input type="checkbox"/> 1 avocado                           | <input type="checkbox"/> 8 ounces 15-bean soup mix  |
| <input type="checkbox"/> 1 lemon                             | <input type="checkbox"/> 1 cup bottled salsa verde  |
| <input type="checkbox"/> 1 lime                              | <input type="checkbox"/> 12 cups chicken broth  |
| <input type="checkbox"/> 8 cloves garlic                     | <input type="checkbox"/> 1/3 cup mayonnaise   |
| <input type="checkbox"/> 1/2 cup fresh cilantro              | <input type="checkbox"/> 1 0.4-ounce packet buttermilk ranch mix                              |
| <input type="checkbox"/> 2 bay leaves                        | <input type="checkbox"/> 1/4 teaspoon rubbed sage   |
| <input type="checkbox"/> 1 tablespoon fresh thyme            | <input type="checkbox"/> Single pie crust   |
| <input type="checkbox"/> 1 cup cream                         | <input type="checkbox"/> 1 cup old fashioned oats   |
| <input type="checkbox"/> 2 1/2 cups sharp cheddar cheese     | <input type="checkbox"/> 1 cup whole wheat flour  |
| <input type="checkbox"/> 1 cup shredded Monterey Jack cheese | <input type="checkbox"/> 1/2 cup chocolate chips + a little more                              |
| <input type="checkbox"/> 1/2 cup milk                        | <input type="checkbox"/> 1/4 cup peanut butter  |
| <input type="checkbox"/> 1/3 cup sour cream                  | <input type="checkbox"/> 4 tablespoons coconut oil  |
| <input type="checkbox"/> 2 tablespoons butter                |   |
| <input type="checkbox"/> 9 eggs                              |   |

### PANTRY STAPLES

- |  |  |
|--|--|
| <input type="checkbox"/> Salt              | <input type="checkbox"/> Olive oil       |
| <input type="checkbox"/> Black pepper      | <input type="checkbox"/> Sugar or honey  |
| <input type="checkbox"/> Garlic powder     | <input type="checkbox"/> Baking powder   |
| <input type="checkbox"/> Red pepper flakes | <input type="checkbox"/> Cornstarch      |
| <input type="checkbox"/> Ground cumin      | <input type="checkbox"/> Vanilla extract |

<http://blessthismessplease.com/>