

BLESS THIS MESS

- TWO WEEK EATING CLEAN MEAL PLAN FOR SUMMER -

GET THE PLAN: <https://www.blessthismessplease.com/eating-clean-meal-plan/>

GROCERIES

- ☐ 8 Russet potatoes
- ☐ 8 ounces button mushrooms
- ☐ 5 orange bell peppers
- ☐ 5 pounds butternut squash
- ☐ 4 3/4 cups fresh baby spinach
- ☐ 4 cups frozen, fresh, or canned corn
- ☐ 4-5 cups salad greens
- ☐ 2-3 hearts romaine lettuce
- ☐ 1 bag shredded lettuce
- ☐ 2-3 tomatoes
- ☐ 1/2 pound asparagus
- ☐ 1/2 pound Brussels sprouts
- ☐ 1/2 pound sugar snap peas
- ☐ 2-3 cucumbers
- ☐ 2-3 beets
- ☐ 2 avocados
- ☐ 1 large sweet potato
- ☐ 1 3/4 cup grape tomatoes
- ☐ 1 green bell pepper
- ☐ 1 jalapeño
- ☐ 5 green onions
- ☐ 4 yellow onions
- ☐ 1 red onion
- ☐ 4 limes
- ☐ 1-2 lemons
- ☐ 1/2 cup parsley
- ☐ 2 tablespoons cilantro
- ☐ 1 head + 4 cloves garlic

- ☐ Toppings for 2 medium pizzas
- ☐ 2 pounds flank steak
- ☐ 4 1/2 pounds chicken
- ☐ 4 large boneless, skinless chicken breasts
- ☐ 1 pound boneless, skinless chicken thighs
- ☐ 1 pound Louisiana Drum fish (about 4 large fillets)
- ☐ 10 ounces medium raw shrimp
- ☐ 2 cups cream
- ☐ 2 cups whole milk
- ☐ 2 cups mozzarella cheese
- ☐ 2 1/2 cups shredded sharp cheddar cheese
- ☐ 1 cup milk
- ☐ 1 cup sour cream + more for tacos
- ☐ 1 1/3 cup Parmesan cheese
- ☐ 2/3 cup plain Greek yogurt
- ☐ Cheese for 2 medium pizzas
- ☐ 1/4 cup buttermilk
- ☐ Sabra spreads (for the burgers)
- ☐ 1 cup honey
- ☐ 3 1/2 cups whole wheat flour
- ☐ 1/2 cup cornstarch
- ☐ 1 pound whole wheat thin spaghetti
- ☐ 12 ounces whole wheat linguine
- ☐ 9-12 lasagna noodles
- ☐ 4 15-ounce cans black beans
- ☐ 2 15-ounce cans petite diced tomatoes
- ☐ 2 15-ounce cans Great Northern beans

- ☐ 1 15-ounce can chickpeas
- ☐ 1/2-1 cup bottled artichoke hearts
- ☐ Pizza sauce for 2 medium pizzas
- ☐ 1/2 cup marinara sauce
- ☐ 1 cup red salsa + more for tacos
- ☐ 1 - 1 1/4 cup kalamata olives
- ☐ Pickled jalapeños, optional
- ☐ Peperoncinis, optional
- ☐ Hot sauce, optional
- ☐ 2 1/2 cups brown rice

- ☐ 1 1/3 cup quinoa
- ☐ 7 1/2 cups chicken broth
- ☐ 1/2 cup soy sauce
- ☐ 1/3 cup barbecue sauce
- ☐ 1/4 vinegar
- ☐ 1 package frozen broccoli
- ☐ 1 package frozen stir-fry vegetables
- ☐ 6 whole wheat hamburger buns
- ☐ 24 corn tortillas

PANTRY STAPLES

- ☐ Salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Dried dill
- ☐ Ground ginger
- ☐ Nutmeg
- ☐ Red pepper flakes
- ☐ Cumin
- ☐ Chili powder
- ☐ Cayenne pepper

- ☐ Smoked paprika
- ☐ Brown sugar
- ☐ All-purpose flour
- ☐ Yeast
- ☐ Sugar
- ☐ Worcestershire sauce
- ☐ Dijon mustard
- ☐ Red wine vinegar
- ☐ Vegetable or canola oil
- ☐ Butter
- ☐ Olive oil

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