

Bless this Mess

Food, Farm, Family

- WEEKLY MEAL PLAN 2: SHOPPING LIST -

GET THE PLAN:

<http://www.blessthemessplease.com/2016/07/family-meal-plan-2-shopping-list.html>

GROCERIES

- | | |
|---|--|
| <input type="checkbox"/> 2-3 carrots (1 cup chopped) | <input type="checkbox"/> 4 tablespoons coconut sugar |
| <input type="checkbox"/> 2-3 beets (1 cup chopped) | <input type="checkbox"/> 2 tablespoons honey |
| <input type="checkbox"/> 1 cup sugar snap peas | <input type="checkbox"/> 1/2 cup unsweetened applesauce |
| <input type="checkbox"/> 1 cup asparagus | <input type="checkbox"/> 1/4 cup bread crumbs |
| <input type="checkbox"/> 2-3 sweet potatoes | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> 1 small onion | <input type="checkbox"/> 3/4 cup chunky blue cheese dressing |
| <input type="checkbox"/> 2 bell peppers | <input type="checkbox"/> 1/4 cup hot sauce |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 tube refrigerated crescent rolls |
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 4 ounces deli ham |
| <input type="checkbox"/> Chopped tomatoes (optional) | <input type="checkbox"/> 4 cups cooked, shredded chicken |
| <input type="checkbox"/> Green onions (optional) | <input type="checkbox"/> 8 slices bacon |
| <input type="checkbox"/> 1 15-ounce can diced tomatoes | <input type="checkbox"/> 9 eggs |
| <input type="checkbox"/> Pickled jalapeños (optional) | <input type="checkbox"/> 12 ounces sharp cheddar cheese |
| <input type="checkbox"/> Black olives (optional) | <input type="checkbox"/> 8 ounces pepper jack cheese |
| <input type="checkbox"/> 1 can chickpeas/garbanzo beans | <input type="checkbox"/> 8 ounces American cheese |
| <input type="checkbox"/> 1 can black or pinto beans | <input type="checkbox"/> 4 ounces swiss cheese |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> 8 ounces cream cheese |
| <input type="checkbox"/> 1 box pasta | <input type="checkbox"/> 1 cup milk |
| <input type="checkbox"/> 3/4 cup dark chocolate chips | <input type="checkbox"/> Sour cream (optional) |
| <input type="checkbox"/> 1/2 cup almond butter | |

PANTRY STAPLES

- | | |
|--|---|
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Baking soda |
| <input type="checkbox"/> Vanilla extract | <input type="checkbox"/> Baking powder |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Whole wheat flour |
| <input type="checkbox"/> Ground cumin | <input type="checkbox"/> Unsweetened cocoa powder |

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