

Bless this Mess

Food, Farm, Family

- WEEKLY MEAL PLAN 3: SHOPPING LIST -

GET THE MEAL PLAN:

<http://www.blessthismessplease.com/2016/07/free-meal-plan-printable-shopping-list.html>

GROCERIES

- | | |
|---|--|
| <input type="checkbox"/> 1 large sweet potato | <input type="checkbox"/> Brown rice |
| <input type="checkbox"/> 1 cup grapes | <input type="checkbox"/> 1 can full fat coconut milk |
| <input type="checkbox"/> 2 bell peppers | <input type="checkbox"/> 1 46-oz can tomato juice |
| <input type="checkbox"/> 3 cups chopped fresh pineapple | <input type="checkbox"/> 1 14.5-oz can diced tomatoes |
| <input type="checkbox"/> Handful of spinach | <input type="checkbox"/> 1 14.5-oz can whole green beans |
| <input type="checkbox"/> 2 medium red onions | <input type="checkbox"/> 1 14.5-oz can peas and carrots |
| <input type="checkbox"/> 1/3 cup green onions | <input type="checkbox"/> 1 14.5-oz can whole kernel corn |
| <input type="checkbox"/> 4 cloves garlic | <input type="checkbox"/> 3/4 cup pineapple juice |
| <input type="checkbox"/> 1 jalapeño | <input type="checkbox"/> 3 tablespoons white vinegar |
| <input type="checkbox"/> 2 limes | <input type="checkbox"/> 2 tablespoons bullion base |
| <input type="checkbox"/> 1/2 cup cilantro | <input type="checkbox"/> 1 1/4 cup honey |
| <input type="checkbox"/> 3 tablespoons fresh minced parsley | <input type="checkbox"/> 1 1/2 cup slivered almonds |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> 2 tablespoons dried basil |
| <input type="checkbox"/> 2 cups cooked shredded chicken | <input type="checkbox"/> KC Masterpiece BBQ Sauce Mix |
| <input type="checkbox"/> 1-2 pounds chicken breasts | <input type="checkbox"/> 1-5 tablespoons green curry paste |
| <input type="checkbox"/> 3 pounds frozen meatballs | <input type="checkbox"/> 3/4 cup soy sauce |
| <input type="checkbox"/> 4 eggs | <input type="checkbox"/> 1 teaspoon sesame oil |
| <input type="checkbox"/> 1/4 cup plain yogurt | <input type="checkbox"/> Burger buns |
| <input type="checkbox"/> 1/2 cup mayonnaise | <input type="checkbox"/> Peanuts |
| <input type="checkbox"/> 1 12-oz box alphabet noodles | |

PANTRY STAPLES

- | | |
|---|--|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Whole wheat flour |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> All-purpose flour |
| <input type="checkbox"/> Corn starch | <input type="checkbox"/> Baking soda |
| <input type="checkbox"/> Granulated sugar | <input type="checkbox"/> Unsalted butter |

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