

# Bless this Mess

Food, Farm, Family

## - WEEKLY MEAL PLAN 5: SHOPPING LIST -

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**GET THE MEAL PLAN:** <https://goo.gl/85rn4q>

### GROCERIES

- |  |   |
|--|---|
| <input type="checkbox"/> 5 stalks broccoli               | <input type="checkbox"/> 2/3 cup plain Greek yogurt           |
| <input type="checkbox"/> 4 cups baby spinach             | <input type="checkbox"/> 1 1/2 cup unsalted butter            |
| <input type="checkbox"/> 1 large sweet potato            | <input type="checkbox"/> Crumbled blue cheese                 |
| <input type="checkbox"/> 8 ounces button mushrooms       | <input type="checkbox"/> 4-6 cups chicken broth               |
| <input type="checkbox"/> 1 Romaine heart                 | <input type="checkbox"/> 1 15-ounce can petite diced tomatoes |
| <input type="checkbox"/> 1 celery heart                  | <input type="checkbox"/> 1 15-ounce can black beans           |
| <input type="checkbox"/> 1 cup finely shredded zucchini  | <input type="checkbox"/> 12 ounces whole wheat linguine       |
| <input type="checkbox"/> 1 avocado                       | <input type="checkbox"/> 1 can evaporated milk                |
| <input type="checkbox"/> 1 tomato                        | <input type="checkbox"/> 1/2 cup hot sauce                    |
| <input type="checkbox"/> 1 lime                          | <input type="checkbox"/> 1/2 cup marinara sauce               |
| <input type="checkbox"/> 1 1/2 medium red onions         | <input type="checkbox"/> 1/3 cup blue cheese dressing         |
| <input type="checkbox"/> 7 cloves garlic                 | <input type="checkbox"/> 2 cups red enchilada sauce           |
| <input type="checkbox"/> 3 eggs                          | <input type="checkbox"/> 3 tablespoons pure maple syrup       |
| <input type="checkbox"/> 1 large chicken breast          | <input type="checkbox"/> 4 burrito-sized flour tortillas      |
| <input type="checkbox"/> 10 ounces medium raw shrimp     | <input type="checkbox"/> 8-10 corn tortillas                  |
| <input type="checkbox"/> 4 1/2 cups sharp cheddar cheese | <input type="checkbox"/> 9 graham crackers                    |
| <input type="checkbox"/> 2 cups milk                     | <input type="checkbox"/> 1 cup Nutella                        |
| <input type="checkbox"/> 8 ounces cream cheese           | <input type="checkbox"/> 1 7-ounce jar marshmallow fluff      |
| <input type="checkbox"/> 3/4 cup grated Parmesan cheese  |   |

### PANTRY STAPLES

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|--|--|
| <input type="checkbox"/> 1 1/4 cup all-purpose flour | <input type="checkbox"/> Ground nutmeg             |
| <input type="checkbox"/> 2 cups whole wheat flour    | <input type="checkbox"/> Ground cloves             |
| <input type="checkbox"/> 2/3 cup brown sugar         | <input type="checkbox"/> Vanilla extract           |
| <input type="checkbox"/> Salt                        | <input type="checkbox"/> Crushed red pepper flakes |
| <input type="checkbox"/> Pepper                      | <input type="checkbox"/> Chili powder              |
| <input type="checkbox"/> Baking powder               | <input type="checkbox"/> Garlic powder             |
| <input type="checkbox"/> Extra virgin olive oil      | <input type="checkbox"/> Cumin                     |
| <input type="checkbox"/> Ground cinnamon             |  |

<http://blessthismessplease.com/>