

Bless this Mess

Food, Farm, Family

- WEEKLY MEAL PLAN 6: SHOPPING LIST -

GET THE MEAL PLAN: <http://www.blessthismessplease.com/2016/11/healthy-meal-plan-week-6.html>

GROCERIES

- | | |
|---|---|
| <input type="checkbox"/> 4-6 carrots | <input type="checkbox"/> 1 pound pasta |
| <input type="checkbox"/> 4-6 potatoes | <input type="checkbox"/> 2 cups brown lentils |
| <input type="checkbox"/> 3 large onions | <input type="checkbox"/> 1 cup quinoa |
| <input type="checkbox"/> 2-3 bell peppers | <input type="checkbox"/> 3 cups frozen corn |
| <input type="checkbox"/> 2 avocados | <input type="checkbox"/> 1 quart broth |
| <input type="checkbox"/> 2 cups shredded cabbage | <input type="checkbox"/> 1 quart canned whole or diced tomatoes |
| <input type="checkbox"/> 1-2 large tomatoes | <input type="checkbox"/> 1 cup jarred tomato salsa |
| <input type="checkbox"/> 1 medium zucchini | <input type="checkbox"/> 1 15-ounce can black beans |
| <input type="checkbox"/> 5 cloves garlic | <input type="checkbox"/> 1 15-ounce jar alfredo sauce |
| <input type="checkbox"/> 1/4 cup parsley | <input type="checkbox"/> 1/2 cup ketchup |
| <input type="checkbox"/> 2-3 tablespoons basil | <input type="checkbox"/> 2 tablespoons mayonnaise |
| <input type="checkbox"/> 1 tablespoon rosemary | <input type="checkbox"/> 2 tablespoons sweet pickle relish |
| <input type="checkbox"/> 1 tablespoon thyme | <input type="checkbox"/> Pickles |
| <input type="checkbox"/> 8 eggs | <input type="checkbox"/> 1/2 cup corn syrup |
| <input type="checkbox"/> 3 sticks butter | <input type="checkbox"/> 1 cup brown sugar |
| <input type="checkbox"/> Grated Parmesan | <input type="checkbox"/> 2 4.4-ounce white chocolate bars |
| <input type="checkbox"/> 3 cups shredded sharp cheddar cheese | <input type="checkbox"/> 8 flour tortillas |
| <input type="checkbox"/> 2 pounds lean ground beef | <input type="checkbox"/> 4-6 hamburger buns |
| <input type="checkbox"/> 1 pound chicken | <input type="checkbox"/> 12 cups popped popcorn |
| <input type="checkbox"/> 1 pound bacon | |

PANTRY STAPLES

- | | |
|---|--|
| <input type="checkbox"/> Yellow mustard | <input type="checkbox"/> Salt |
| <input type="checkbox"/> Worcestershire sauce | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Baking soda |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Olive oil |