

# BLESS THIS MESS

## - TWO WEEK CLEAN EATING MEAL PLAN -

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GET THE PLAN: <https://www.blessthismessplease.com/eating-clean-2-week-plan/>

### GROCERIES

- 8 ounces button mushrooms
- 8 Russet potatoes
- 6 red bell peppers
- 5 cups fresh baby spinach
- 5 large carrots
- 5 tomatoes
- 4 medium onions
- 3 avocados
- 2-3 pounds cauliflower
- 2-3 pounds broccoli
- 2 large sweet potatoes
- 2 cups red cabbage
- 2 small red onions
- 1 small head Napa cabbage
- 1 orange bell pepper
- 1 cup sugar snap peas
- 1/2 pound asparagus
- 1 green pepper
- 1 medium zucchini
- 5 limes
- 3 lemons
- 13 cloves garlic
- 1/2 cup fresh cilantro
- 1 tablespoon fresh ginger
- 1-2 tablespoons mixed fresh herbs
- Alfalfa sprouts
- Green onions, optional (tamale pie)
- 2 1/2 pounds chicken legs
- 1 pound boneless skinless chicken thighs
- 4 cups cooked shredded chicken (about 3 pounds)
- 10 ounces medium raw shrimp
- 4 salmon fillets, 4-6 oz each
- Chopped ham, optional (breakfast burritos)
- Bacon crumbles, optional (breakfast burritos)
- 16-24 tater tots
- 2 cups whole wheat pastry flour
- 2 cups cornmeal
- 1 cup honey
- 1/4 cup creamy peanut butter
- Tortilla chips, optional (chili)
- 12 ounces whole wheat linguine
- 3 14.5-ounce can diced tomatoes
- 2 14.5-ounce cans fire-roasted diced tomatoes
- 2 15-ounce cans pinto beans
- 1 15-ounce can black beans
- 1 15-ounce can chickpeas
- 1 pound brown lentils
- 1 cup quinoa
- 1 cup brown rice
- 9 cups vegetable stock
- 2 cups red enchilada sauce
- 1 cup corn kernels
- 1/2 cup marinara sauce
- 1/2 cup roasted salted peanuts
- Pickled jalapeños

- Black olives, optional (tamale pie)
- Hot sauce, optional (breakfast burritos, chili)
- Salsa, optional (breakfast burritos)
- 4 large flour tortillas
- 8-10 corn tortillas
- 20 eggs
- 16 ounces cheddar cheese
- 2 cups buttermilk

- 3/4 cup butter
- 2/3 cup plain Greek yogurt
- 1/2 cup milk
- 1/4 cup grated Parmesan cheese
- Sour cream, optional
- Hummus
- 8 pieces whole grain sandwich bread

## PANTRY STAPLES

- Salt
- Pepper
- Garlic powder
- Onion powder
- Cumin
- Smoked paprika
- Chili powder
- Crushed red pepper flakes

- Baking powder
- Baking soda
- Olive oil
- Canola oil
- Rice or white wine vinegar
- Soy sauce
- Ketchup

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