

# BLESS THIS MESS

- TWO WEEK EATING CLEAN MEAL PLAN FOR SUMMER -

---

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

## GROCERIES

- |   |  |
|---|--|
| <input type="checkbox"/> 8 Russet potatoes                    | <input type="checkbox"/> Toppings for 2 medium pizzas                        |
| <input type="checkbox"/> 8 ounces button mushrooms            | <input type="checkbox"/> 2 pounds flank steak                                |
| <input type="checkbox"/> 5 orange bell peppers                | <input type="checkbox"/> 4 1/2 pounds chicken                                |
| <input type="checkbox"/> 5 pounds butternut squash            | <input type="checkbox"/> 4 large boneless, skinless chicken breasts          |
| <input type="checkbox"/> 4 3/4 cups fresh baby spinach        | <input type="checkbox"/> 1 pound boneless, skinless chicken thighs           |
| <input type="checkbox"/> 4 cups frozen, fresh, or canned corn | <input type="checkbox"/> 1 pound Louisiana Drum fish (about 4 large fillets) |
| <input type="checkbox"/> 4-5 cups salad greens                | <input type="checkbox"/> 10 ounces medium raw shrimp                         |
| <input type="checkbox"/> 2-3 hearts romaine lettuce           | <input type="checkbox"/> 2 cups cream  |
| <input type="checkbox"/> 1 bag shredded lettuce               | <input type="checkbox"/> 2 cups whole milk                                   |
| <input type="checkbox"/> 2-3 tomatoes                         | <input type="checkbox"/> 2 cups mozzarella cheese                            |
| <input type="checkbox"/> 1/2 pound asparagus                  | <input type="checkbox"/> 2 1/2 cups shredded sharp cheddar cheese            |
| <input type="checkbox"/> 1/2 pound Brussels sprouts           | <input type="checkbox"/> 1 cup milk  |
| <input type="checkbox"/> 1/2 pound sugar snap peas            | <input type="checkbox"/> 1 cup sour cream + more for tacos                   |
| <input type="checkbox"/> 2-3 cucumbers                        | <input type="checkbox"/> 1 1/3 cup Parmesan cheese                           |
| <input type="checkbox"/> 2-3 beets                            | <input type="checkbox"/> 2/3 cup plain Greek yogurt                          |
| <input type="checkbox"/> 2 avocados                           | <input type="checkbox"/> Cheese for 2 medium pizzas                          |
| <input type="checkbox"/> 1 large sweet potato                 | <input type="checkbox"/> 1/4 cup buttermilk                                  |
| <input type="checkbox"/> 1 3/4 cup grape tomatoes             | <input type="checkbox"/> Sabra spreads (for the burgers)                     |
| <input type="checkbox"/> 1 green bell pepper                  | <input type="checkbox"/> 1 cup honey   |
| <input type="checkbox"/> 1 jalapeño                           | <input type="checkbox"/> 3 1/2 cups whole wheat flour                        |
| <input type="checkbox"/> 5 green onions                       | <input type="checkbox"/> 1/2 cup cornstarch                                  |
| <input type="checkbox"/> 4 yellow onions                      | <input type="checkbox"/> 1 pound whole wheat thin spaghetti                  |
| <input type="checkbox"/> 1 red onion                          | <input type="checkbox"/> 12 ounces whole wheat linguine                      |
| <input type="checkbox"/> 4 limes                              | <input type="checkbox"/> 9-12 lasagna noodles                                |
| <input type="checkbox"/> 1-2 lemons                           | <input type="checkbox"/> 4 15-ounce cans black beans                         |
| <input type="checkbox"/> 1/2 cup parsley                      | <input type="checkbox"/> 2 15-ounce cans petite diced tomatoes               |
| <input type="checkbox"/> 2 tablespoons cilantro               | <input type="checkbox"/> 2 15-ounce cans Great Northern beans                |
| <input type="checkbox"/> 1 head + 4 cloves garlic             |  |

- 1 15-ounce can chickpeas
- 1/2-1 cup bottled artichoke hearts
- Pizza sauce for 2 medium pizzas
- 1/2 cup marinara sauce
- 1 cup red salsa + more for tacos
- 1 - 1 1/4 cup kalamata olives
- Pickled jalapeños, optional
- Peperoncini, optional
- Hot sauce, optional
- 2 1/2 cups brown rice

- 1 1/3 cup quinoa
- 7 1/2 cups chicken broth
- 1/2 cup soy sauce
- 1/3 cup barbecue sauce
- 1/4 vinegar
- 1 package frozen broccoli
- 1 package frozen stir-fry vegetables
- 6 whole wheat hamburger buns
- 24 corn tortillas

## PANTRY STAPLES

- Salt
- Black pepper
- Garlic powder
- Onion powder
- Dried dill
- Ground ginger
- Nutmeg
- Red pepper flakes
- Cumin
- Chili powder
- Cayenne pepper

- Smoked paprika
- Brown sugar
- All-purpose flour
- Yeast
- Sugar
- Worcestershire sauce
- Dijon mustard
- Red wine vinegar
- Vegetable or canola oil
- Butter
- Olive oil

<http://blessthismessplease.com/>