

BLESS THIS MESS

- TWO WEEK CLEAN EATING MEAL PLAN -

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

GROCERIES

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

- 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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