

Beetitudes

WEEKLY MEAL PLAN

APRIL 1-7

FOR ME

Sweet Potato & Black Bean
Burrito Bowls

FOR MY SONS

Beef & Noodles
Peas

SHOPPING LIST

Black beans
Sweet potatoes
brown rice
avocados
cilantro
limes
bell pepper
paprika
smoked paprika
cumin
garlic

Ground beef
egg noodles
beef broth
yellow onion
frozen peas

