

Beetitudes

WEEKLY MEAL PLAN

APRIL 28 - MAY 4

FOR ME

Potato Leek Soup

Chickpea Fritters

FOR MY SONS

BBQ Meatballs & Mashed Potatoes

SHOPPING LIST

Leeks

Garlic

Vegetable Broth

Potatoes

Bay Leaves

Thyme

Chickpeas

Nutritional Yeast

Cumin

Garlic Powder

Ground Beef

Eggs

Bread Crumbs

BBQ Sauce

Potatoes

