

Beetitudes

WEEKLY MEAL PLAN

MAY 12 - 18

FOR ME

Kale & Cabbage Salad

FOR MY SONS

Chicken Chipotle Ranch Wraps

SHOPPING LIST

Kale
Purple Cabbage

Apples
Red Onion

Walnuts

Hemp Seeds

Bell Pepper

Red Wine Vinegar

Maple Syrup

Chicken Breast
Wheat Tortillas

Lettuce

Bacon

Ranch

Sriracha

Loren Miller