

Beetitudes

WEEKLY MEAL PLAN

MAY 26 - JUNE 1

RECIPE

Spinach & Chickpea Curry

SHOPPING LIST

Shallots	Cayenne Pepper
Cherry Tomatoes	Chickpeas, 2 cans
Garlic	Plant Milk
Curry Powder	Coconut Extract
Garam Masala	Spinach
Cumin	Brown Rice
Cinnamon	
Ginger	

Loren Miller