

Beetitudes

WEEKLY MEAL PLAN

JULY 7 - 13

RECIPE

Black Bean Burgers

Pita Pizzas

SHOPPING LIST

black beans	pita pockets
yellow onion	marinara
garlic	cashews
chipotle in adobo	lemons
soy sauce	nutritional yeast
panko crumbs	peppers
cumin	red onion
balsamic vinegar	broccoli

