

Beetitudes

WEEKLY MEAL PLAN

SEPTEMBER 1 - 7

RECIPE

Vegan Tuscan Pasta
Babaganoush & Crackers

SHOPPING LIST

Garlic	Eggplant
red onion	tahini
orzo or other pasta	crackers
sun dried tomatoes	veggie slices
greek olives	
lemon	
spinach	
nutritional yeast	

