



# Beetitudes

WEEKLY MEAL PLAN

AUGUST 18 - 24

## RECIPE

Veggie Curry Soup

## SHOPPING LIST

|                 |                 |
|-----------------|-----------------|
| Bell peppers    | Zucchini        |
| yellow onion    | chickpeas       |
| garlic          | almond milk     |
| veggie broth    | coconut extract |
| red curry paste | soy sauce       |
| cilantro        | ginger          |
| limes           |                 |

