

Beetitudes

WEEKLY MEAL PLAN

SEPTEMBER 22 - 28

RECIPE

Vegetarian Tikka Masala

SHOPPING LIST

Cauliflower	Garam masala
potatoes	paprika
carrots	ginger
yellow onion	frozen peas
garlic	coconut milk
vegetable broth	cilantro
crushed tomatoes	brown rice
tomato paste	

