

Shopping List

Monday

Tuesday

Wednesday

Thursday

Friday

Veggie Dinner

Meal Planner

Monday

Falafel with hummus, couscous, tabbouleh.
(Recipe on HonestCooks YT and website)

Tuesday

Tomato Soup & grilled cheese made with
cheddar, pepper jack & jalapenos.

Wednesday

Veggie Bean Burger with mango salsa.
(Recipe on Honest Cooks YT and website)

Thursday

Baked ziti with zucchini and mushrooms.
Served with Italian soda.

Friday

Spicy lentil curry with jasmine rice and
greek yogurt.

