



Grocery List & Meal Plan



MEAL PLAN

Day 1: Sweet Potato Taco Rice Bowls

Day 2: Spinach and Sweet Potato Fried Rice

Day 3: Fried Egg Sweet Potato Toast

Day 4: Spinach Rissoto

Day 5: Black Bean Burgers with Fried Egg

Day 6: Sweet Potato and Black Bean Soup

Day 7: Sweet Potato & Spinach Egg

Scramble

Day 8: Sweet Potato Fries with Black Bean Burgers

Day 9: Power Bowl over Rice

Day 10; Taco Black Beans over Sweet Potato

GROCERY LIST

- Rice (1 lb)
- Sweet Potatoes (10 lbs)
- Black Beans (1 lb)
- Spinach (1 bag)
- Eggs (3 Dozen)

Pantry Items: Broth, Butter, Seasonings, Oils