

SWEET ROOTS

Afro-Inspired Desserts to Color
& Crave

BY SHANNON LEE

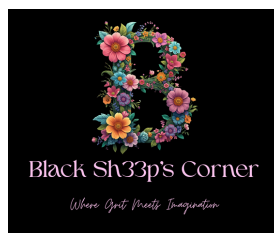
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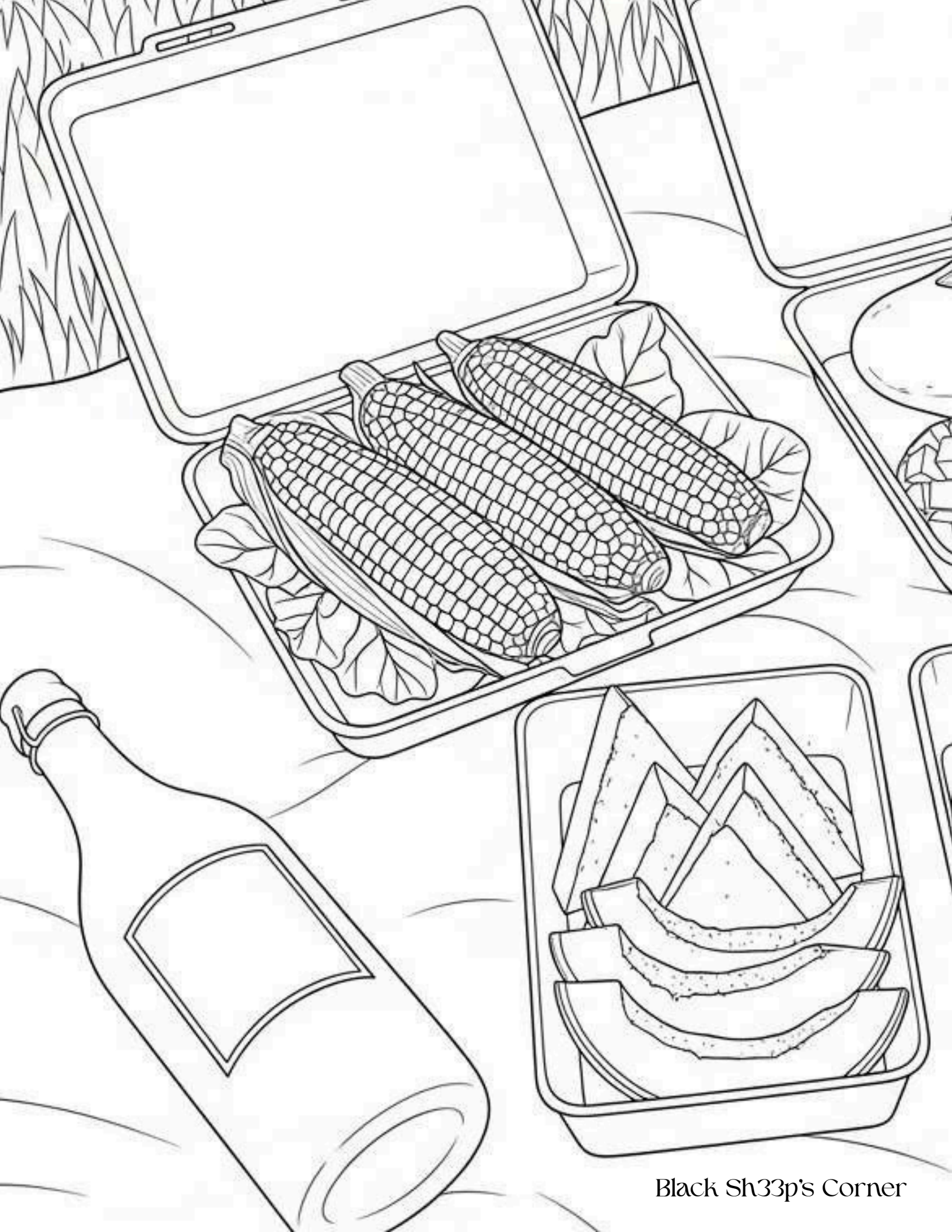
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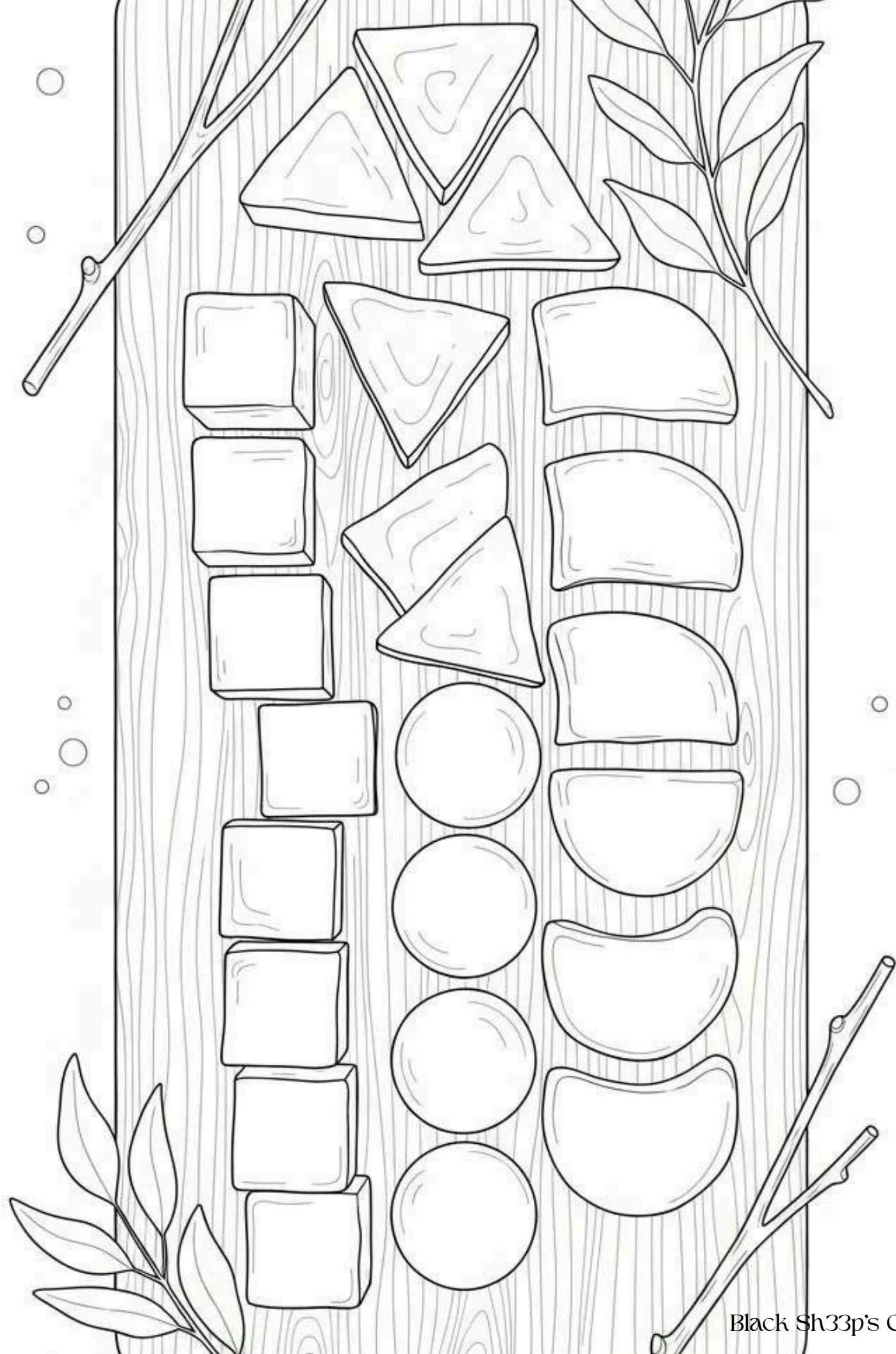




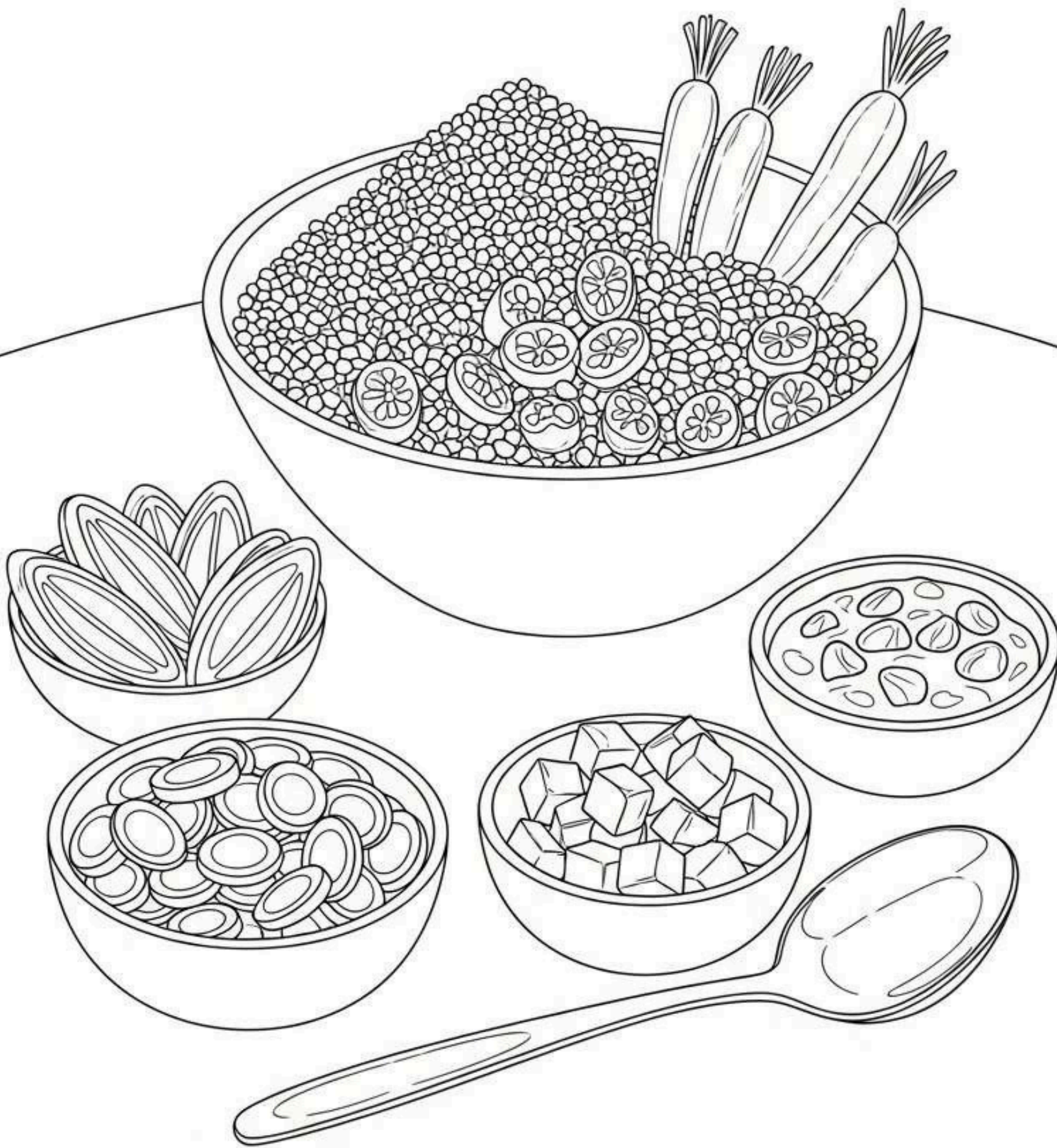


Black Sh33p's Corner

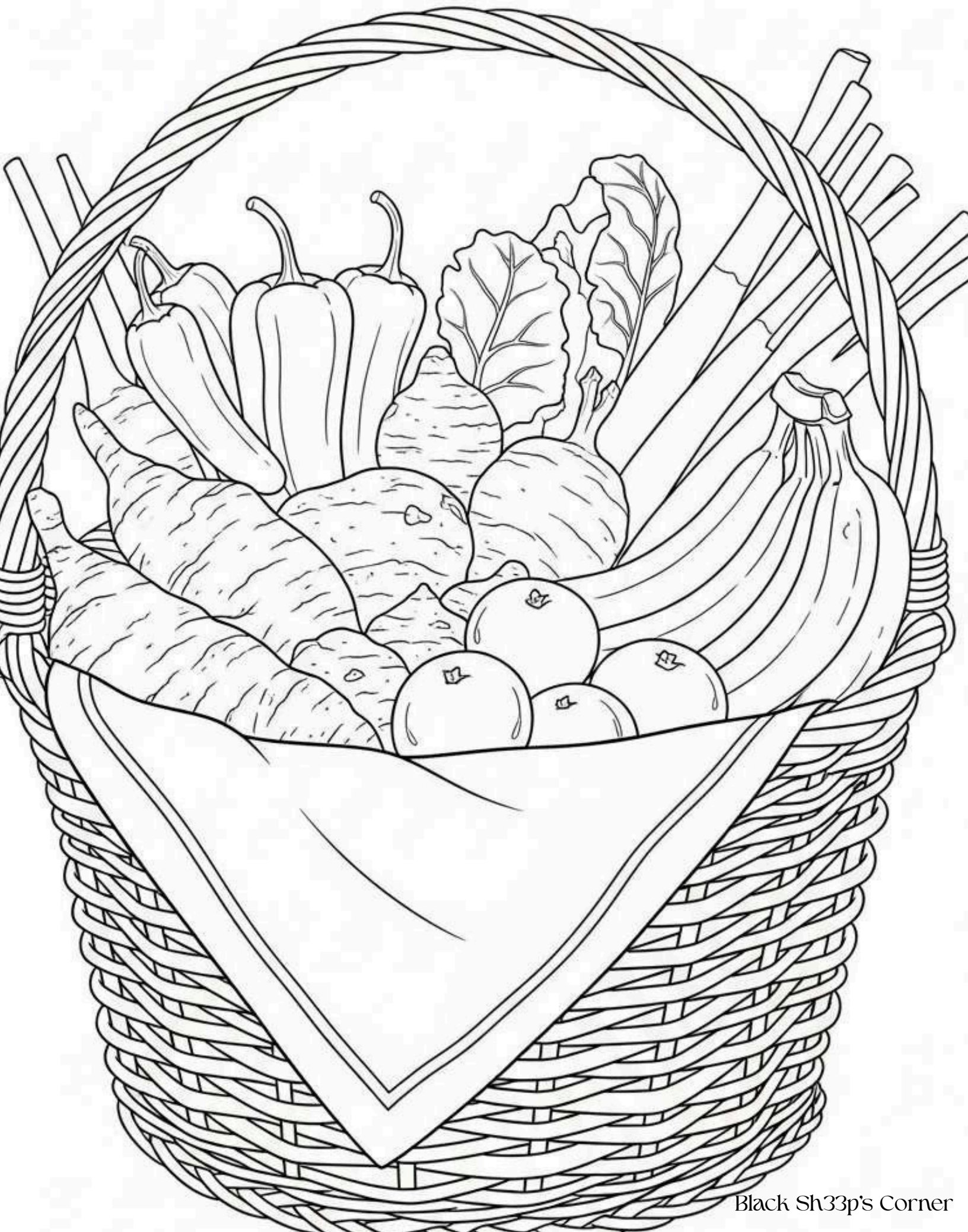














Black Sh33p's Corner











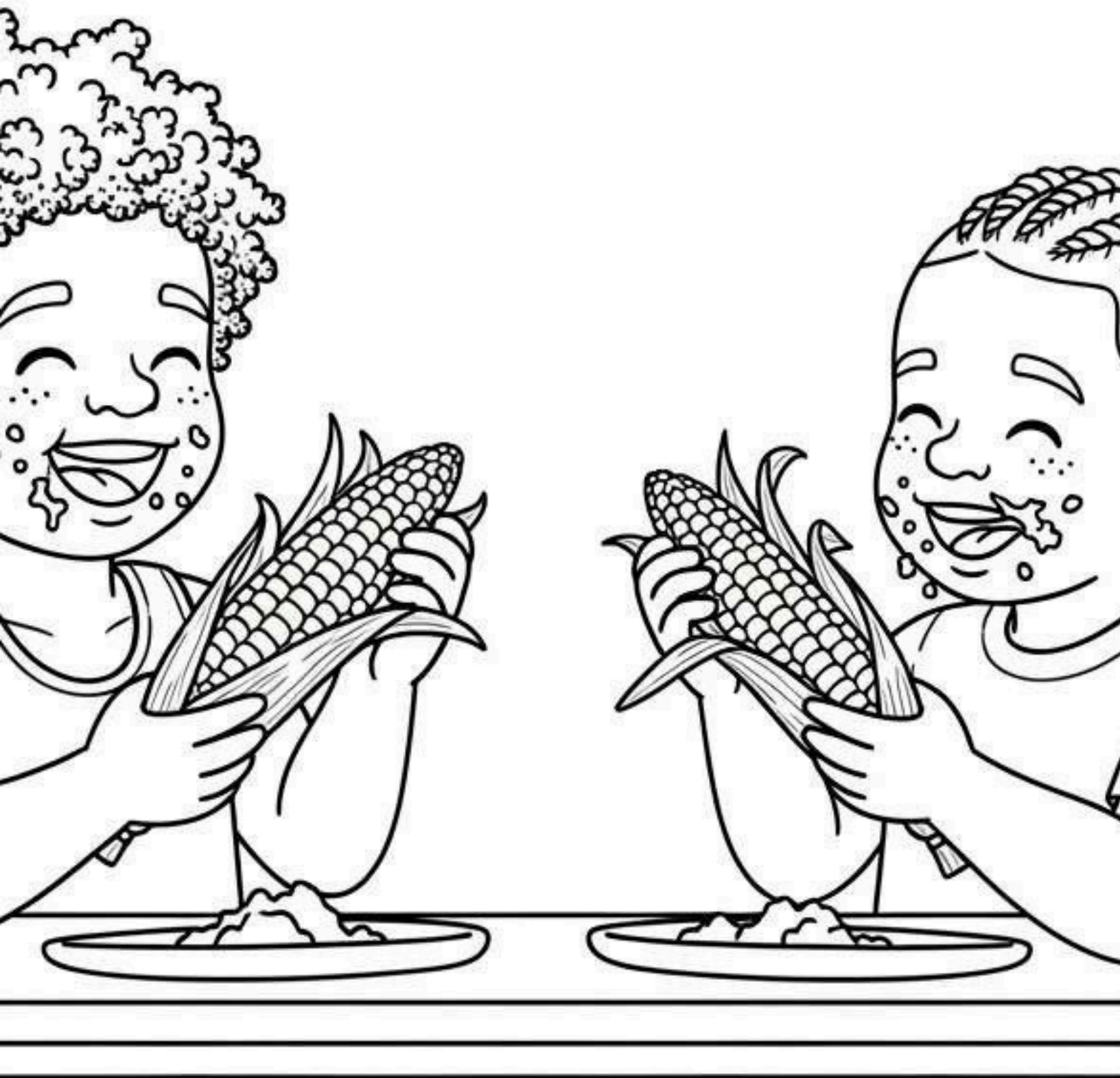






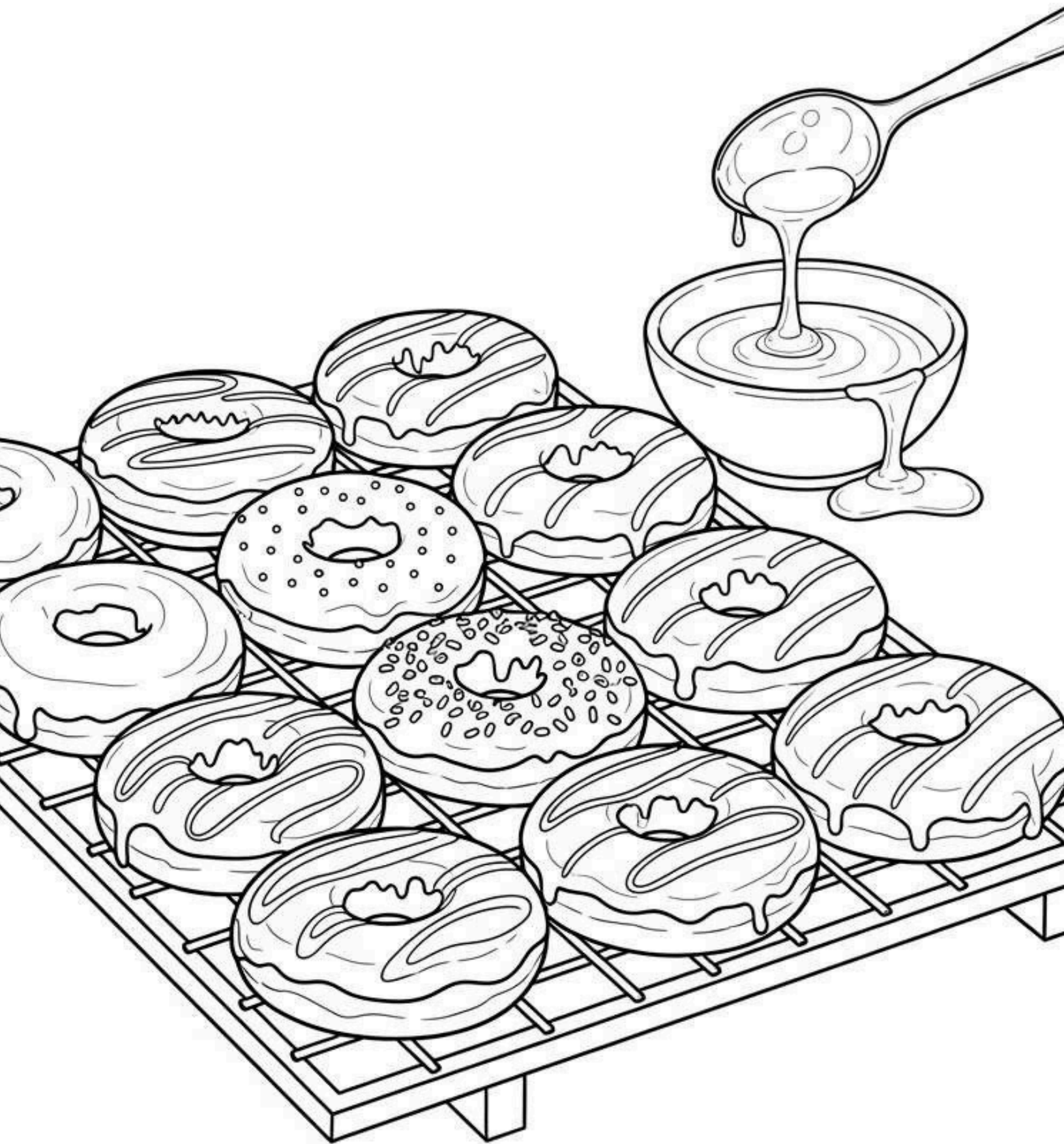


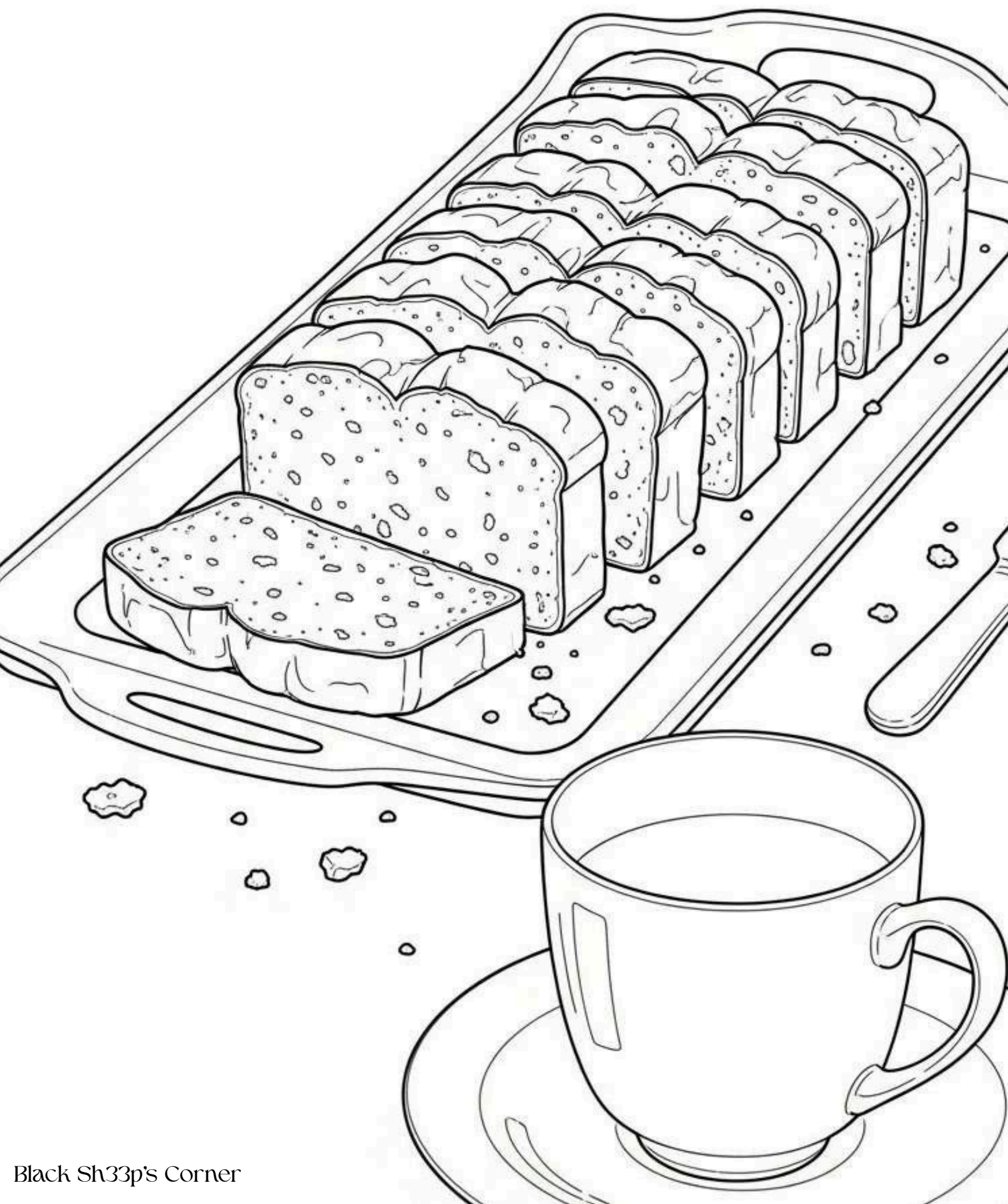




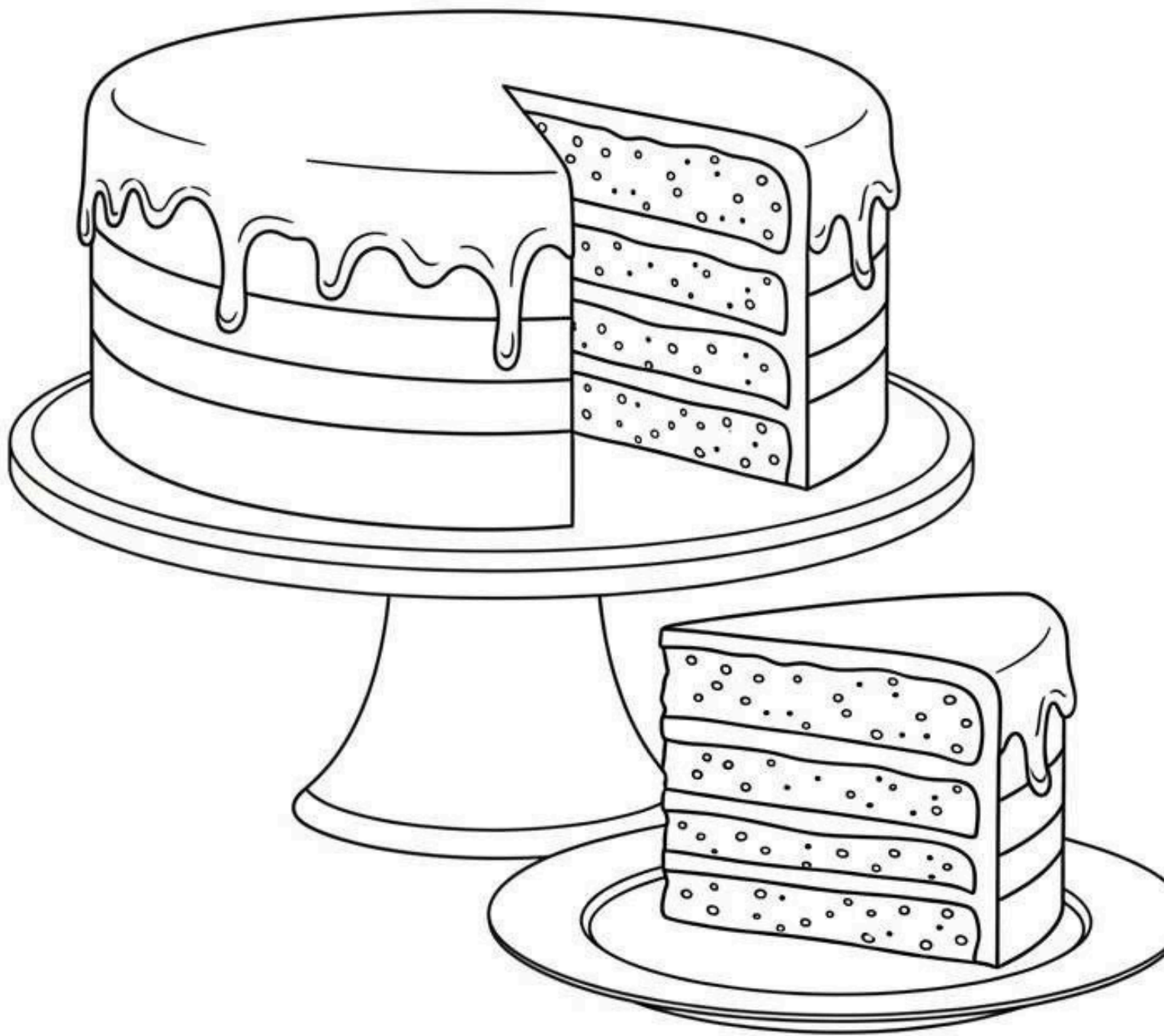


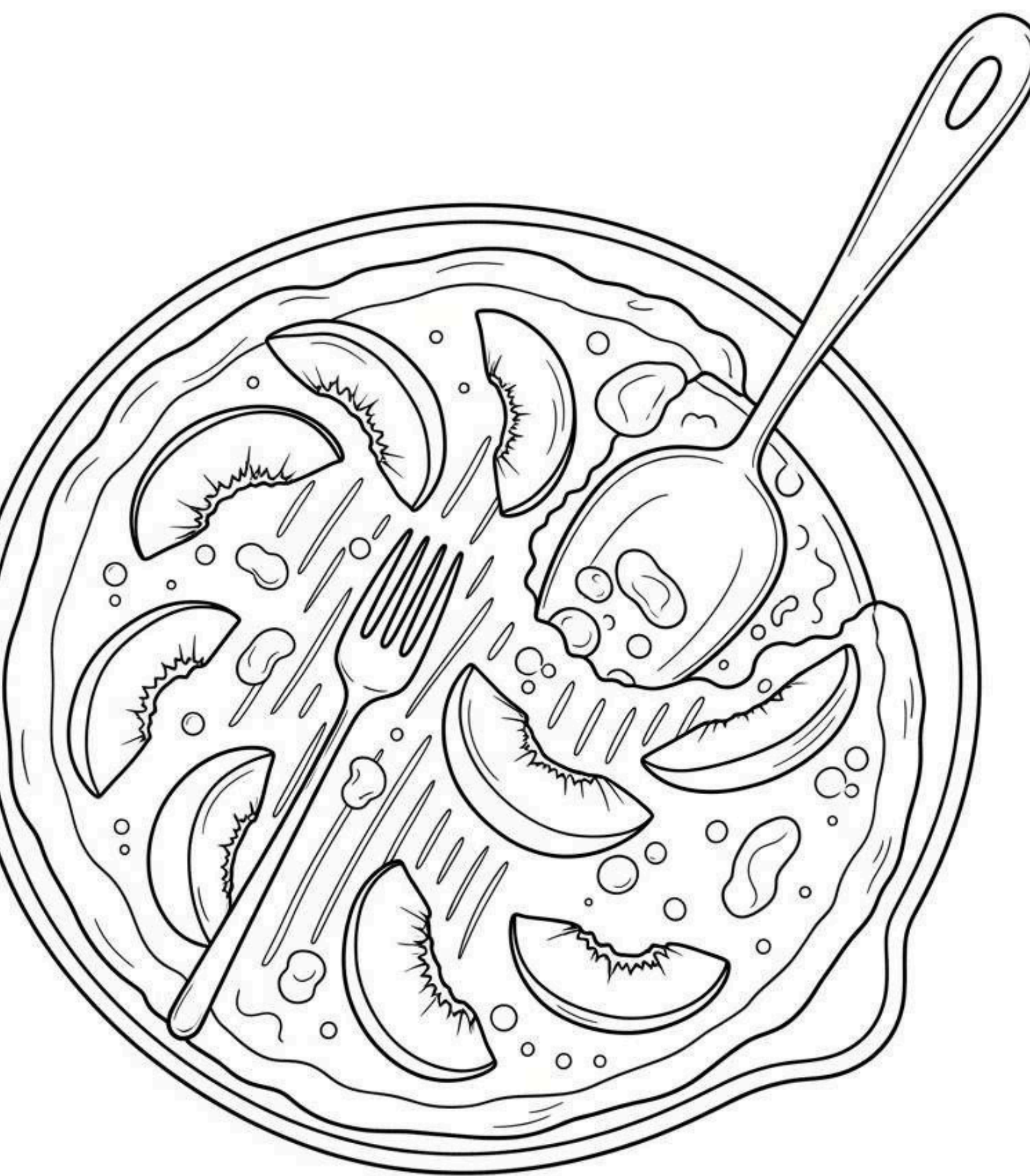






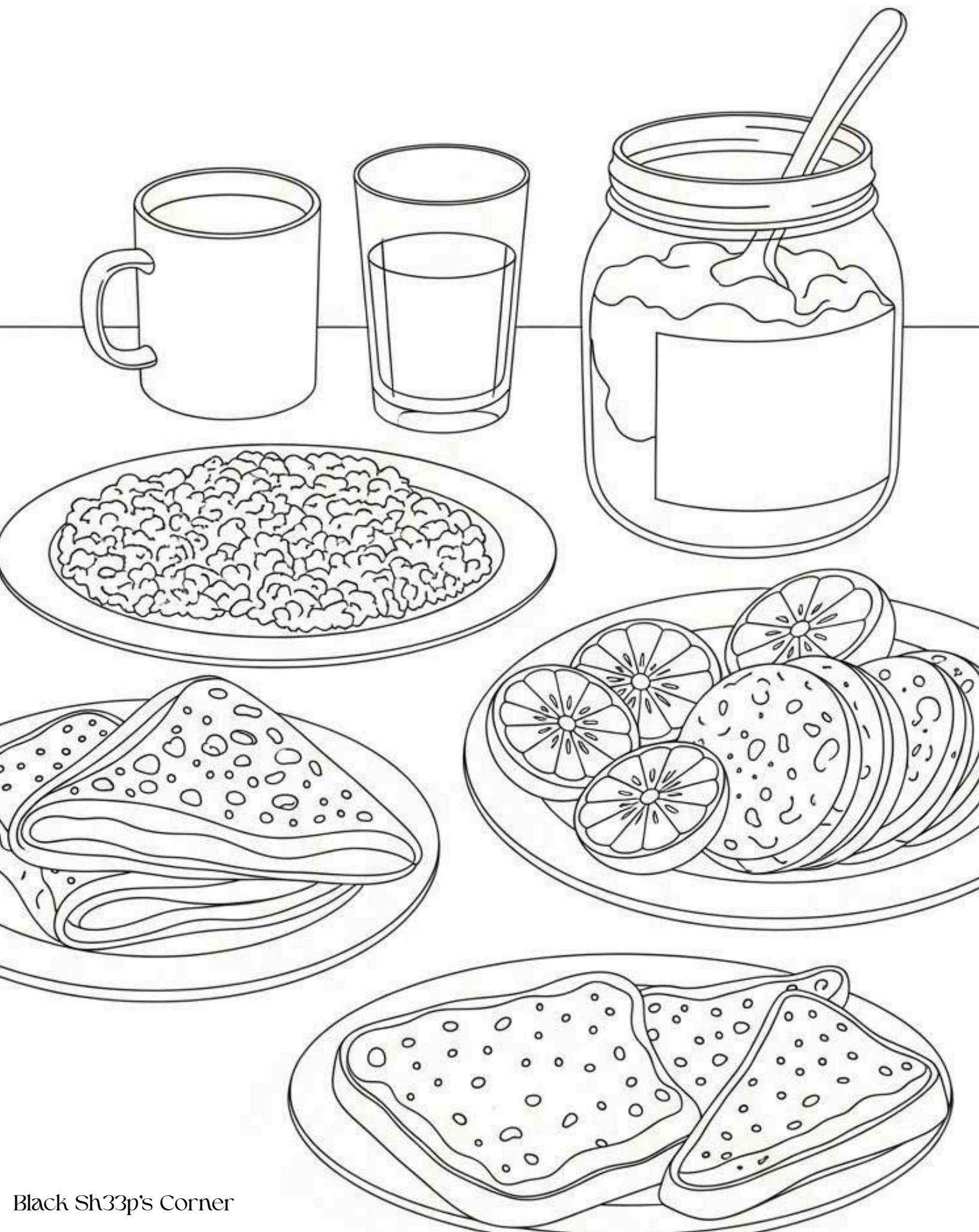








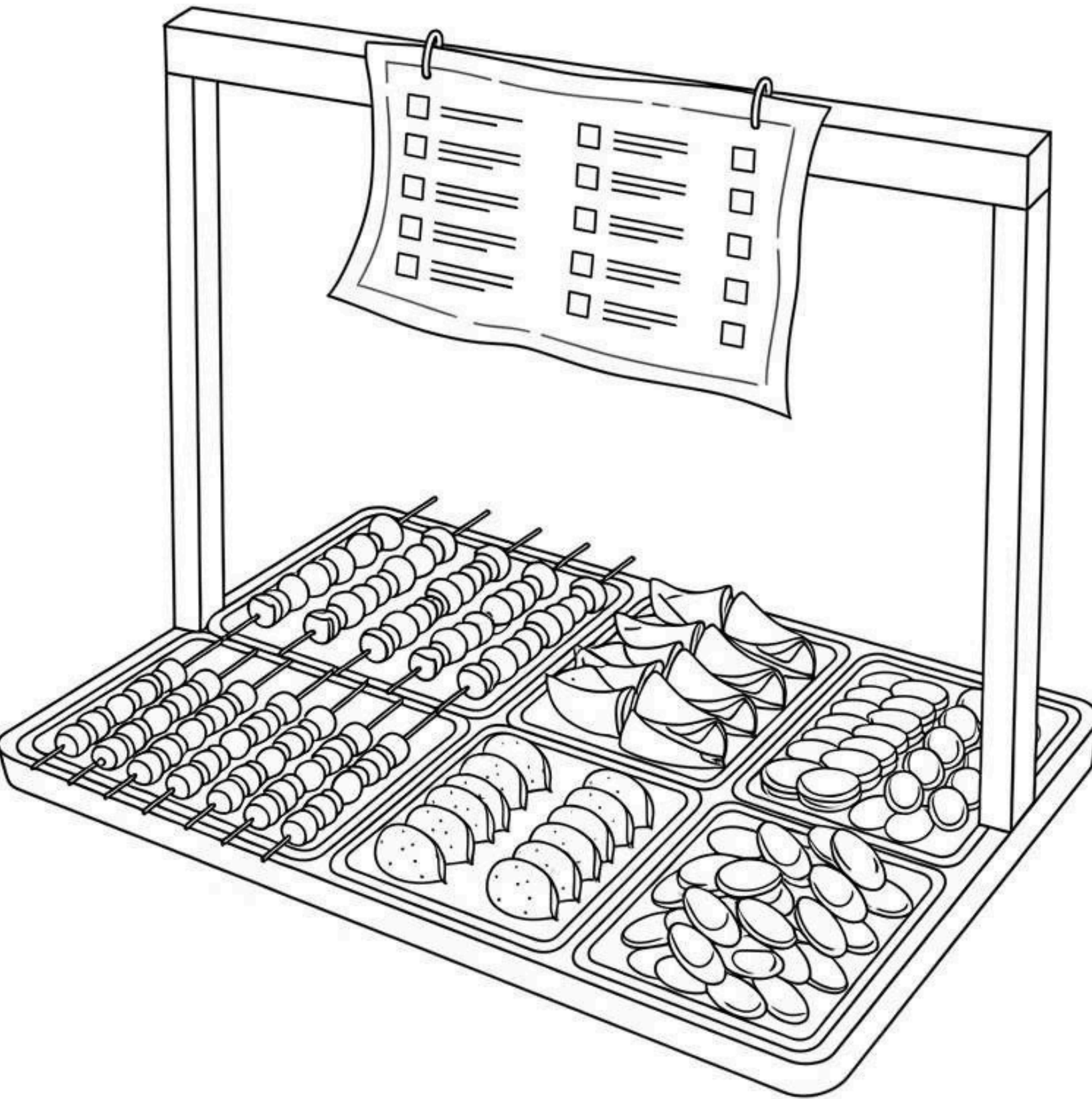






Black Sheep's Corner





SWEET ROUTINE: PLANNING THE WEEK AHEAD

GROCERY LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HYDRATION TRACKER

QUICK REHEAT NOTES

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