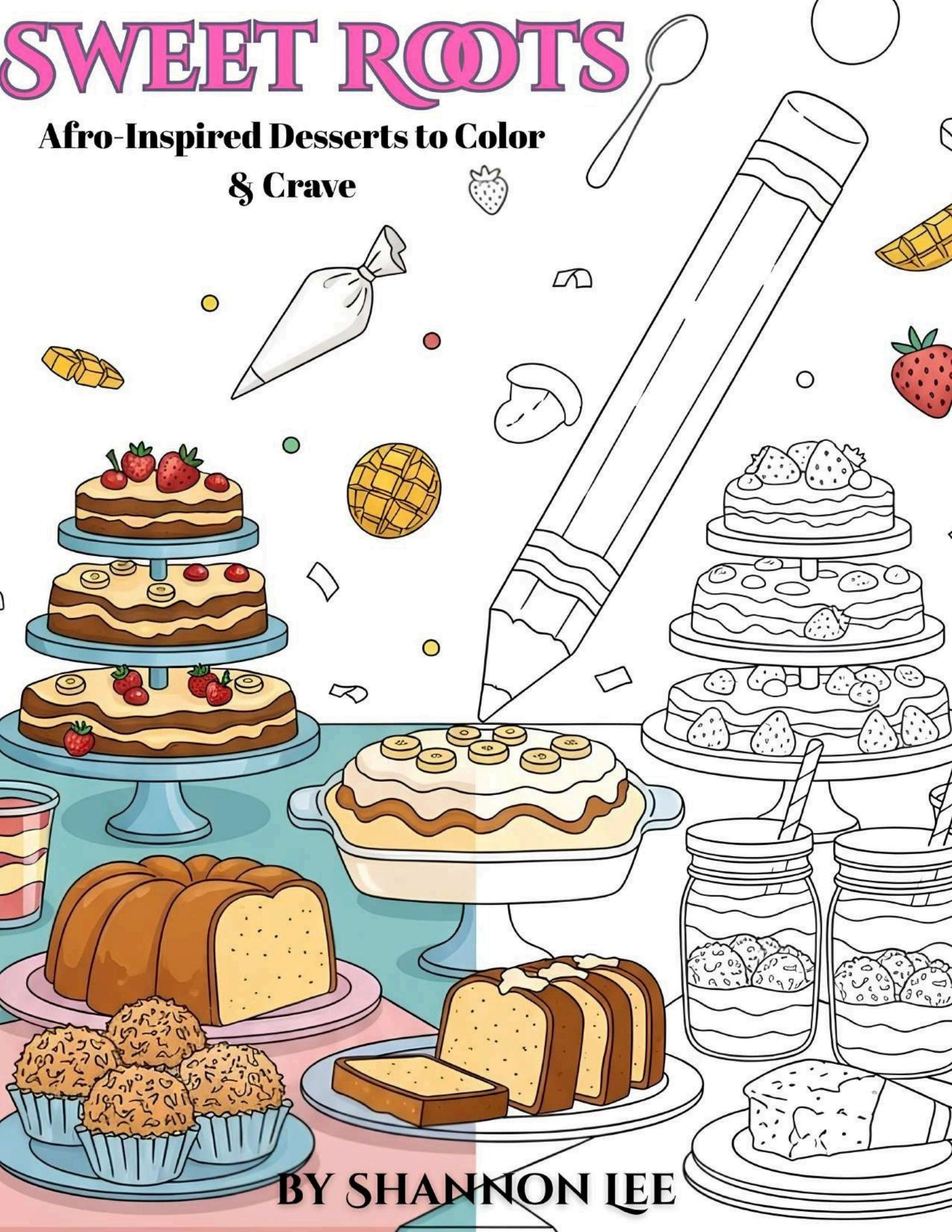


SWEET ROOTS

Afro-Inspired Desserts to Color
& Crave



BY SHANNON LEE

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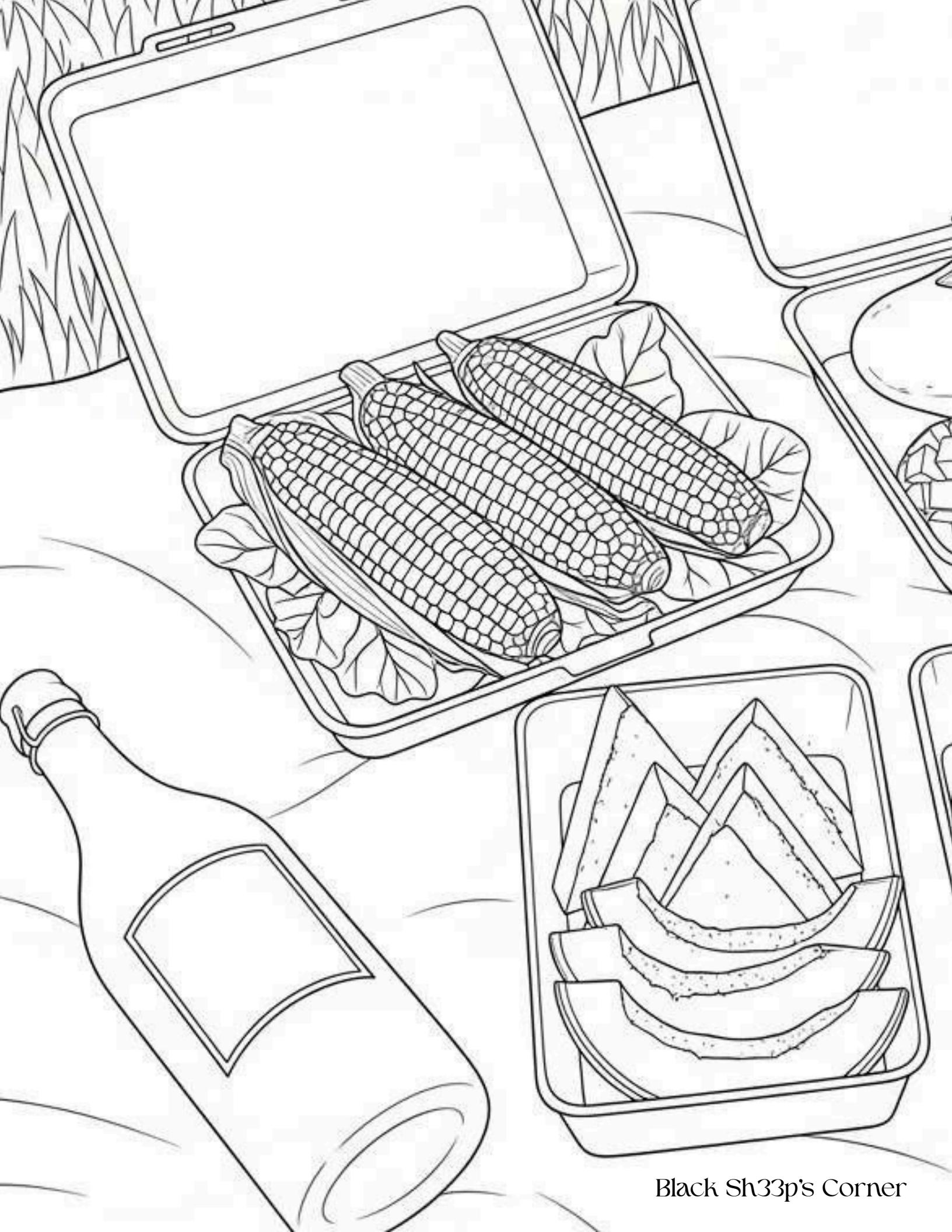
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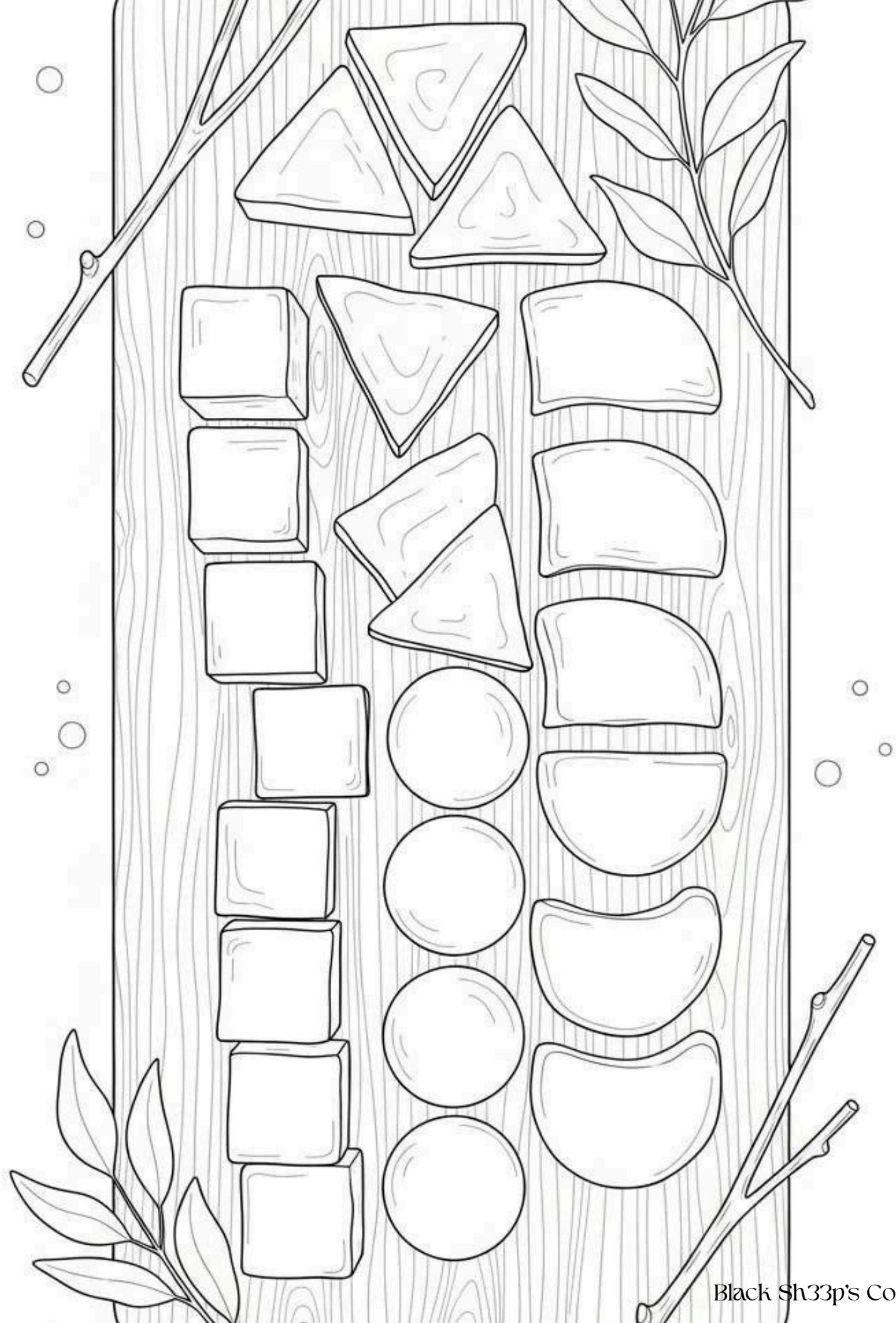
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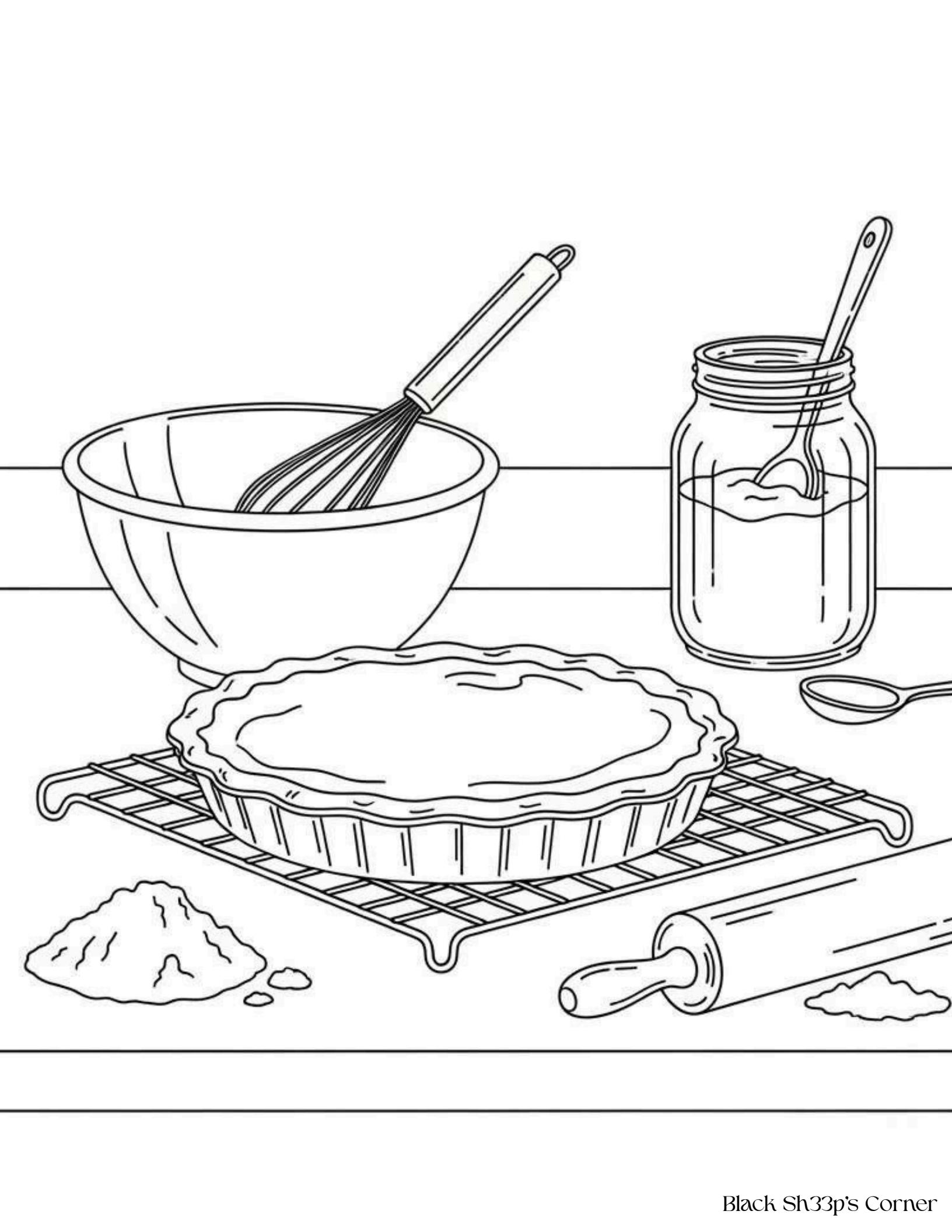


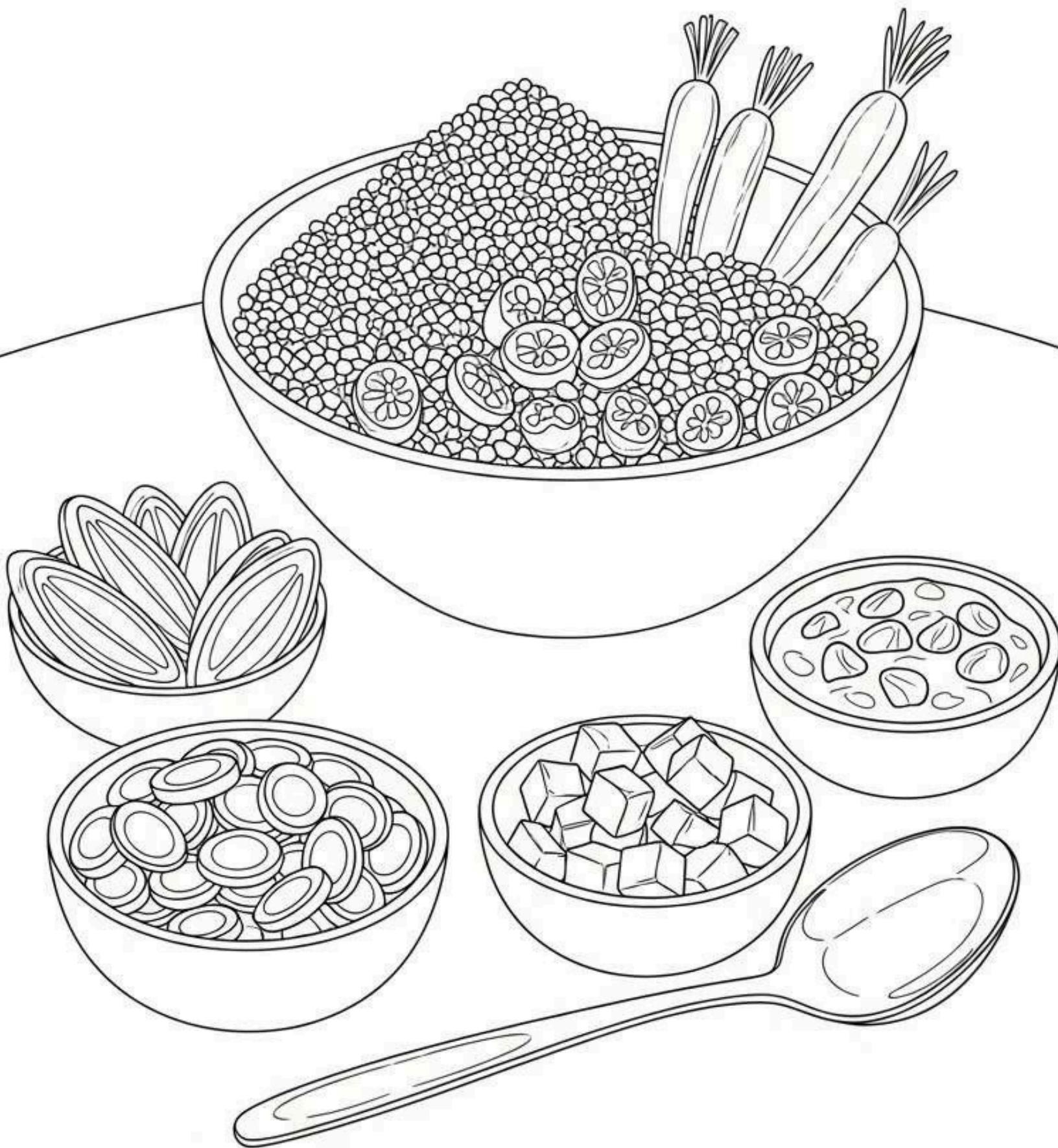




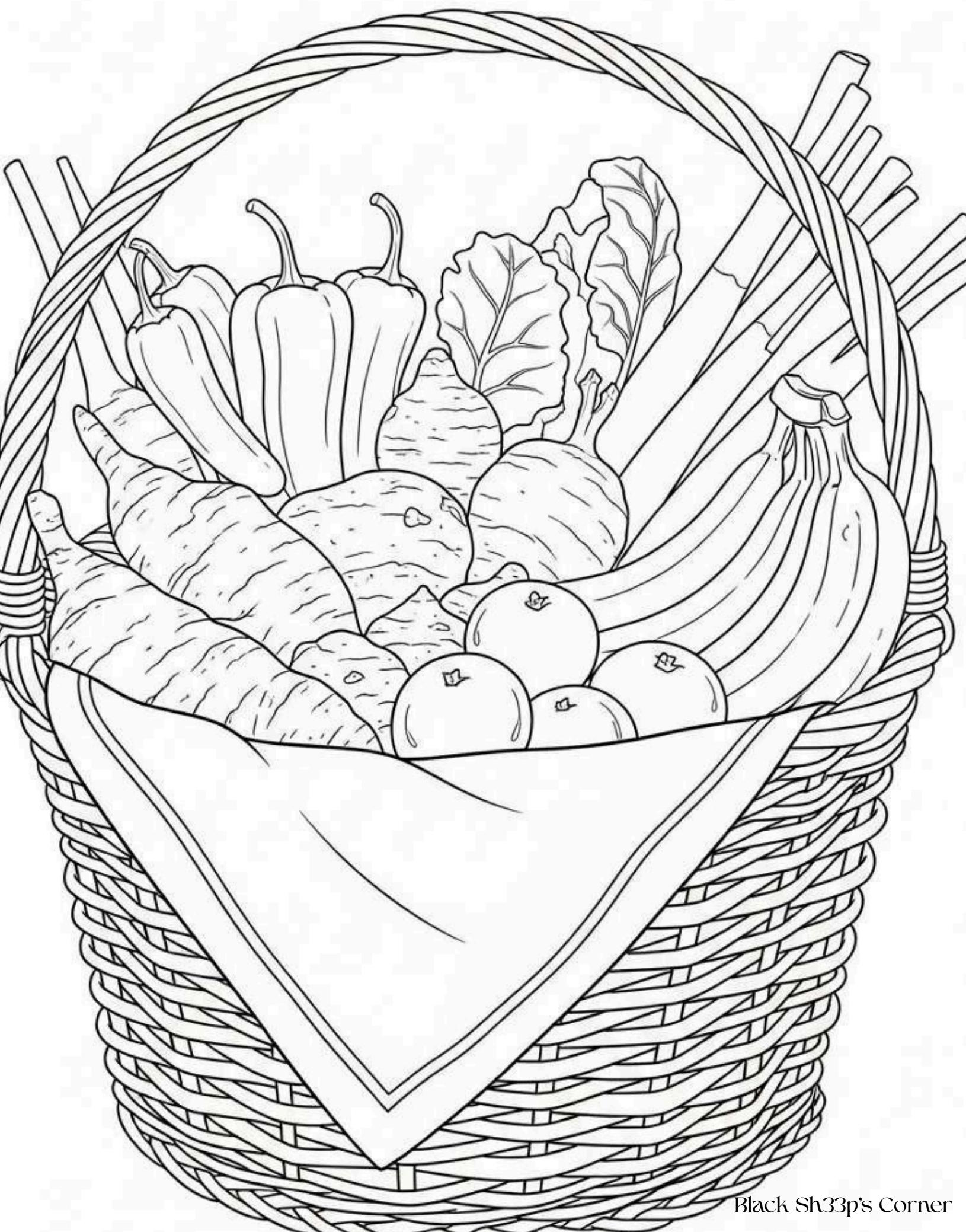














Black Sh33p's Corner

















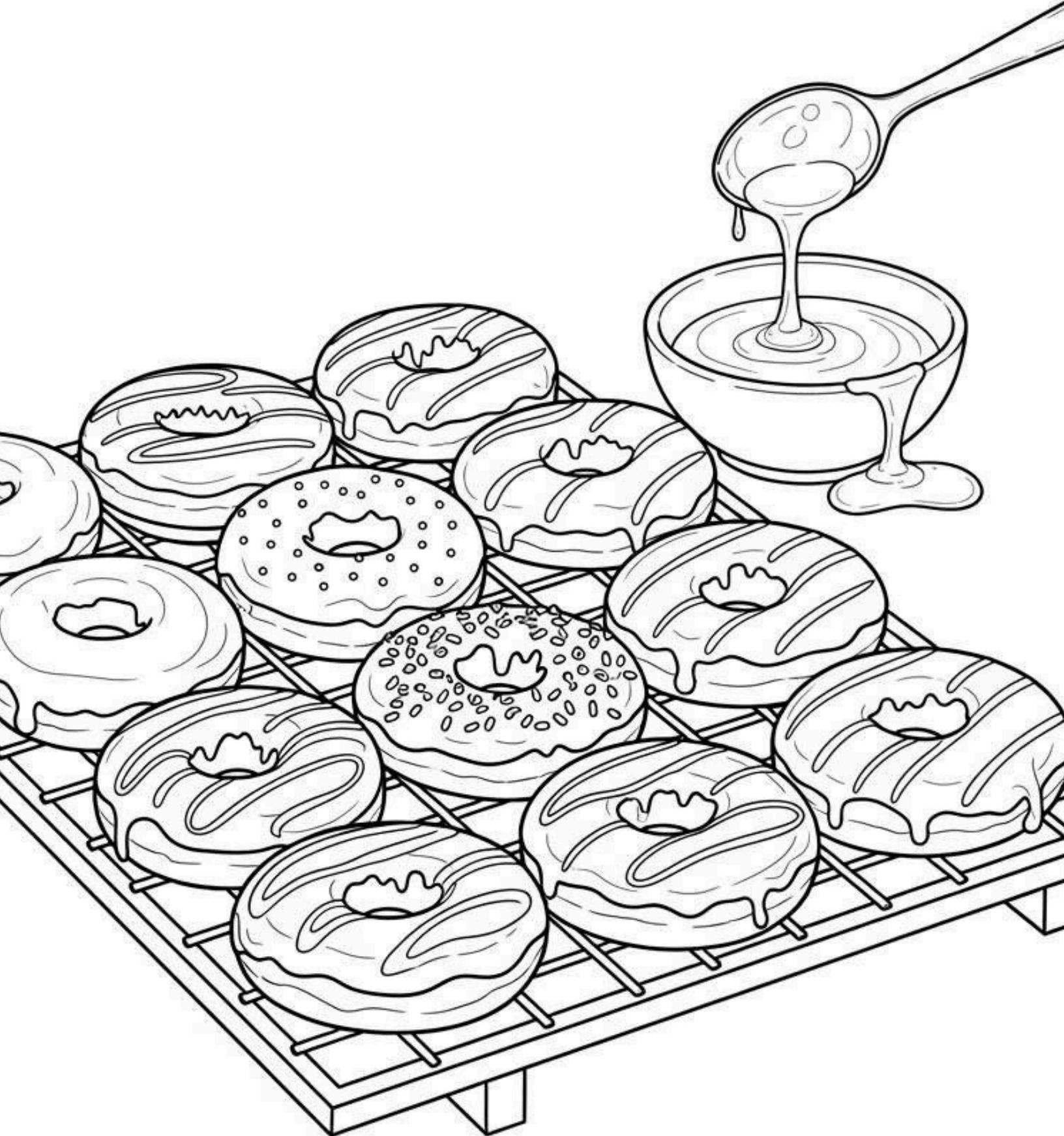


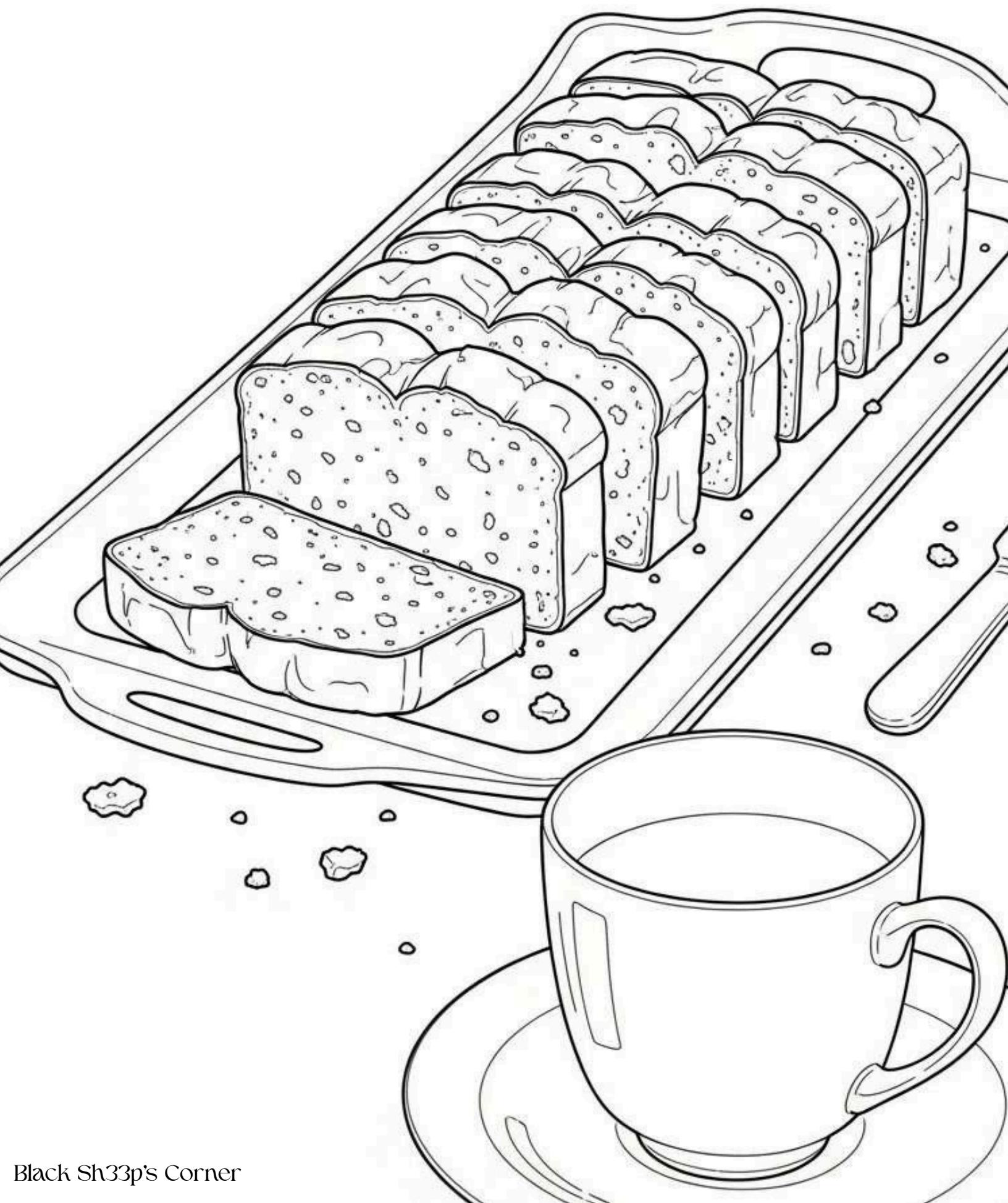




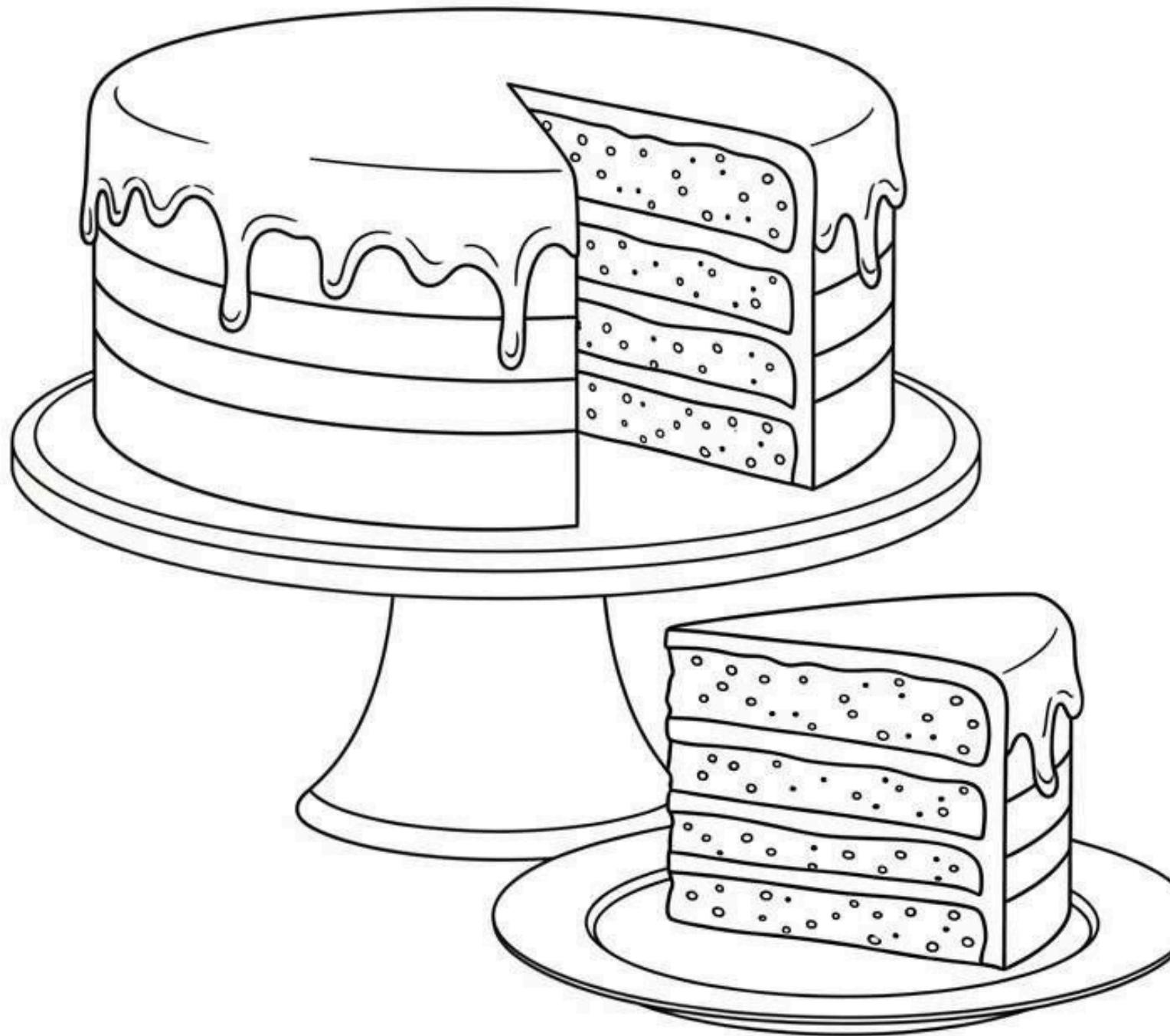


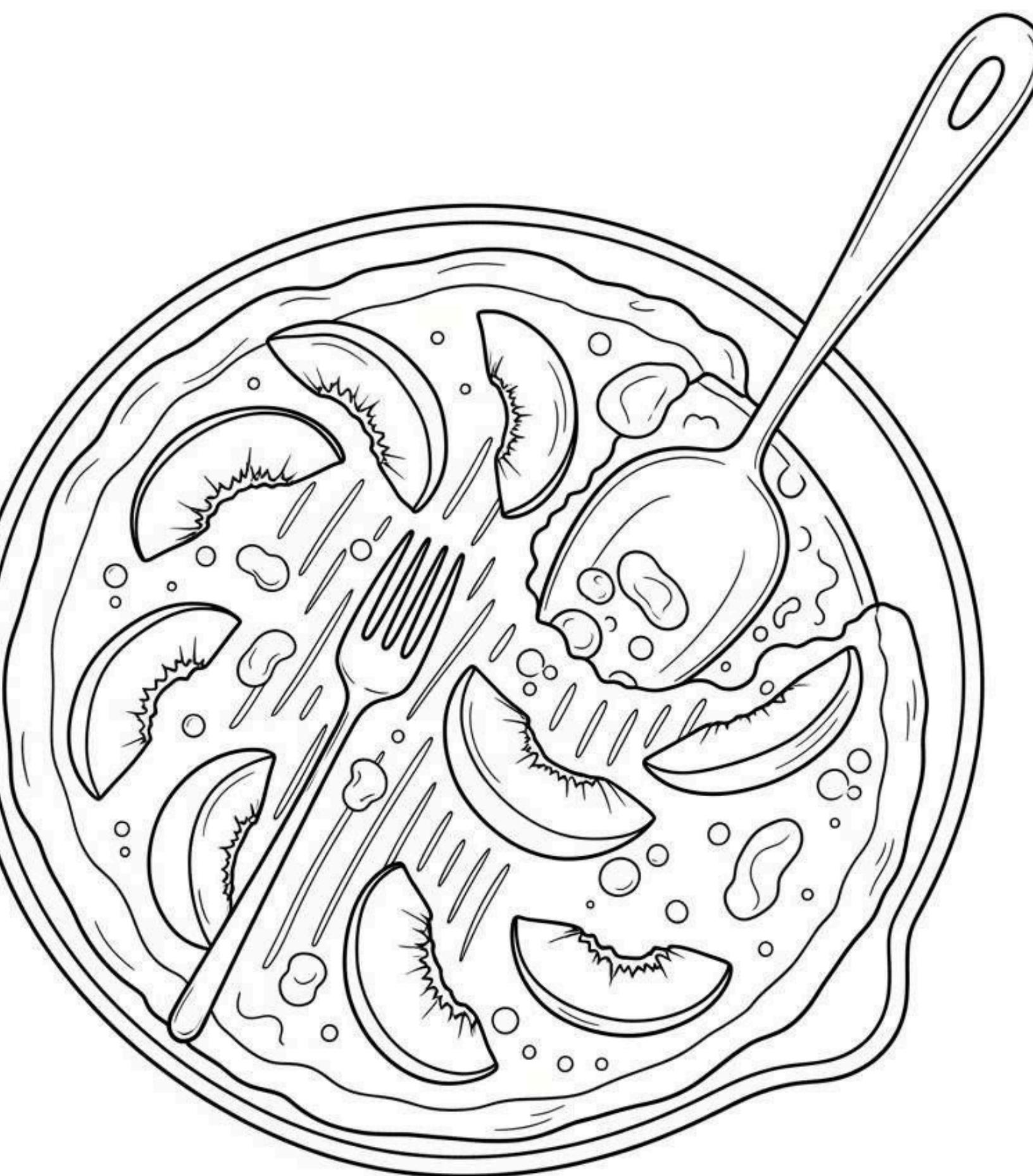




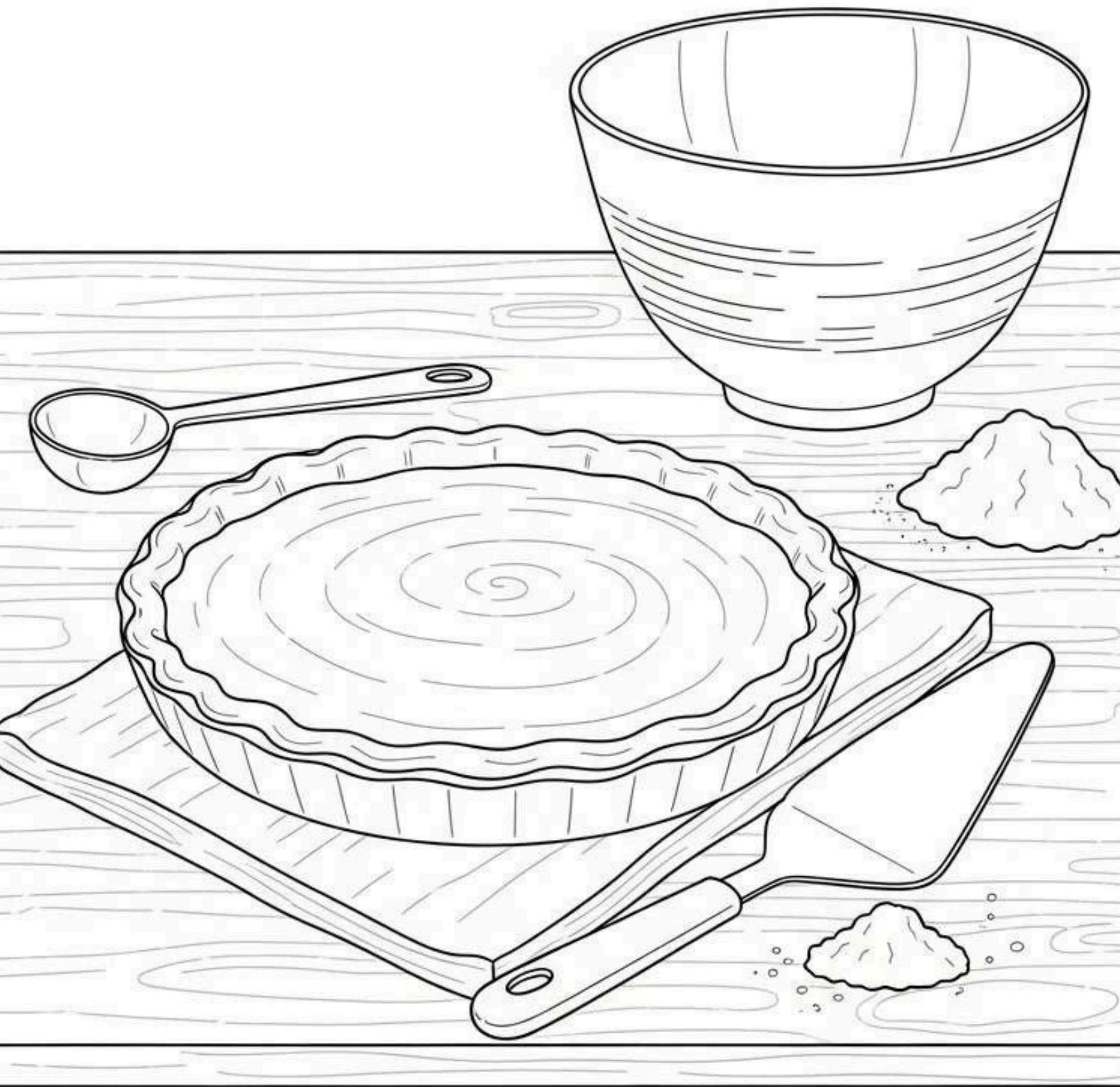


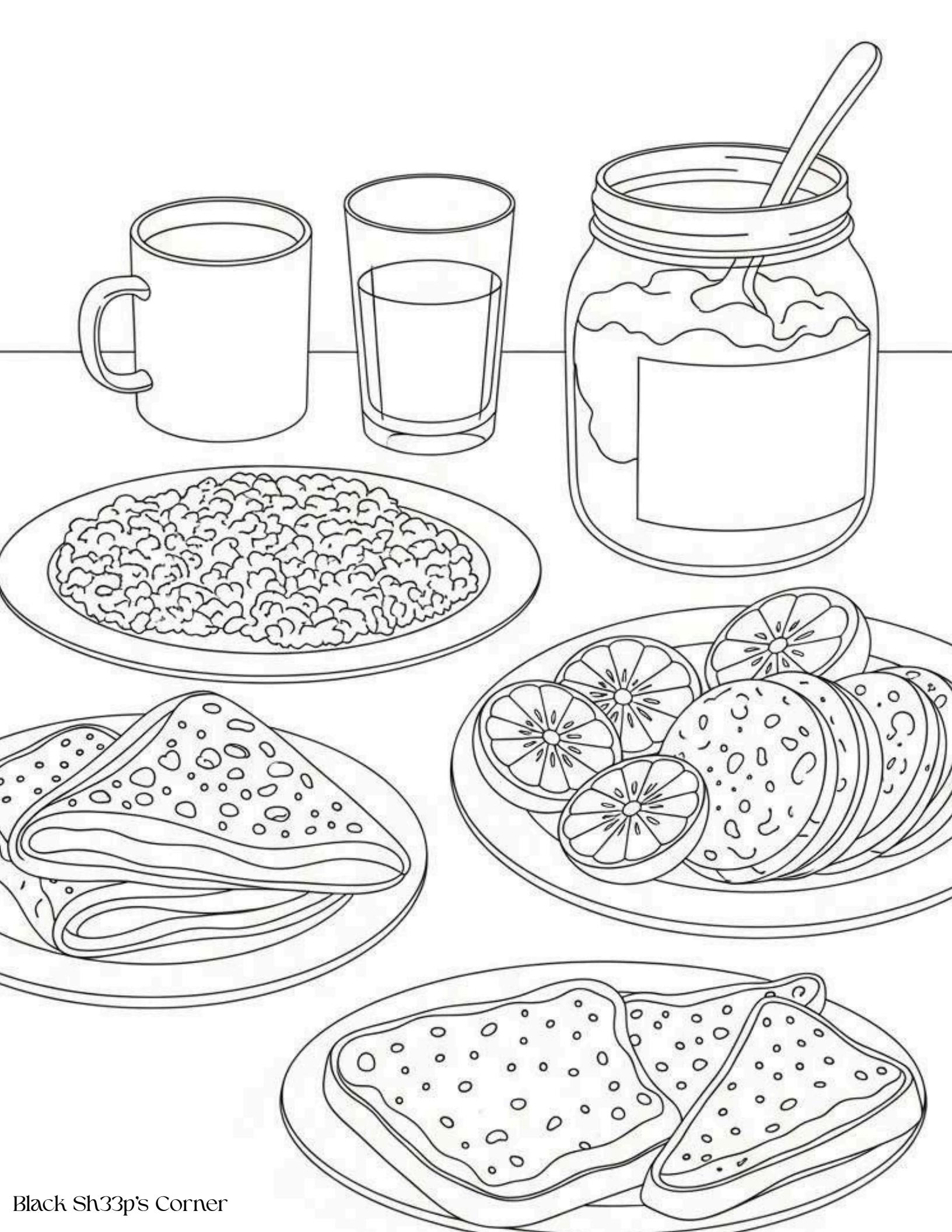








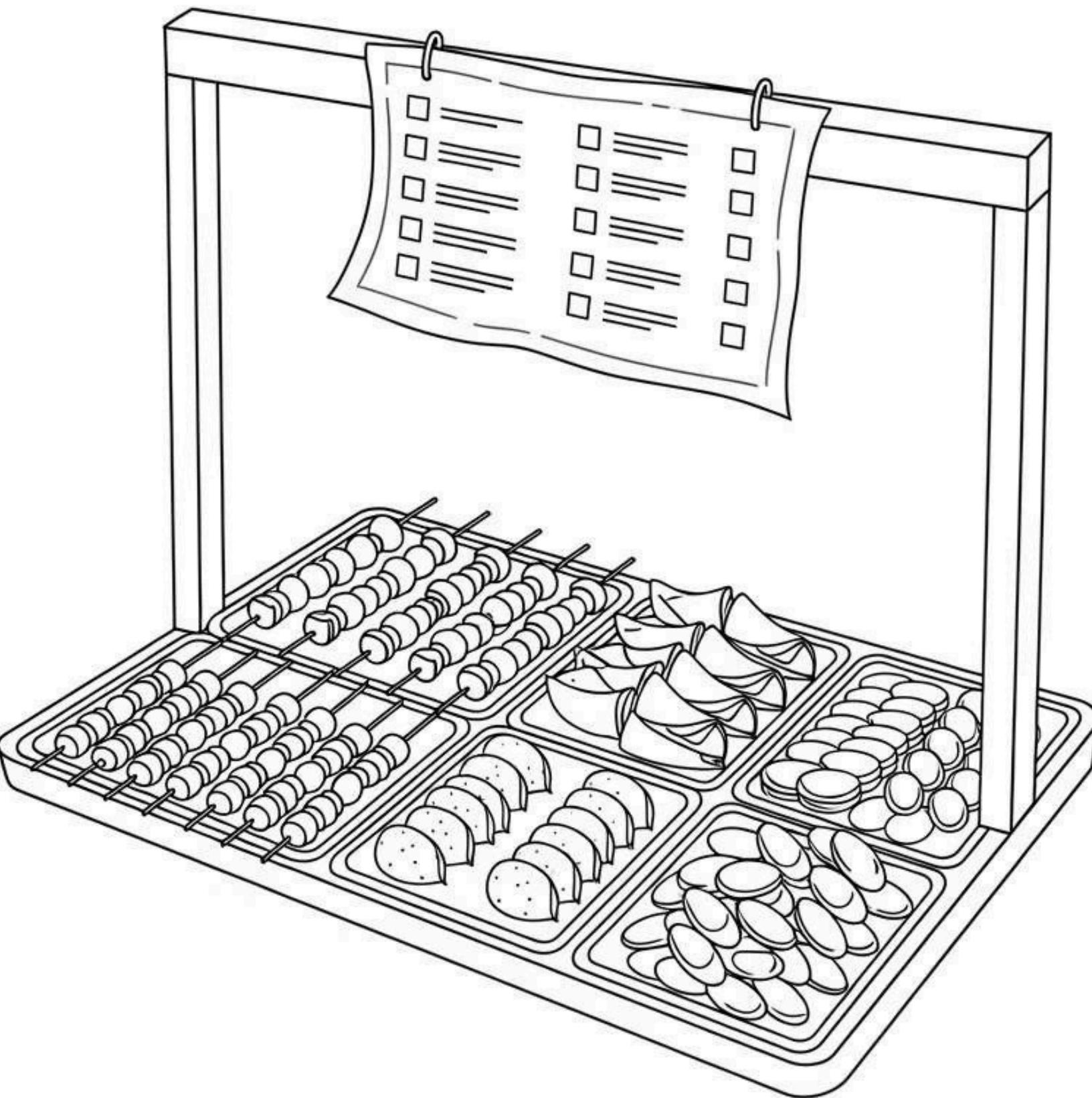






Black Sh33ps Corner





SWEET ROUTINE: PLANNING THE WEEK AHEAD

GROCERY LIST

- _____
- _____
- _____
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- _____

NOTES

MONDAY TUESDAY WEDNESDAY THURSDAY  FRIDAY SATURDAY SUNDAY

HYDRATION TRACKER

QUICK REHEAT NOTES

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