

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Spinach and Arugula lasagna roll ups	12	13	14
15	16	17	18	19	20 Kale Pasta	21
22	23	24 Broccoli and Cheese bites	25	26	27	28
29	30 Cabbage wraps	31				
		Notes:				