

January 2021

Meat-free Monday Resolution Challenge

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	★					

MEAT-FREE MONDAY SCHEDULE

Week 1 (Jan 4) - Tacos

Week 2 (Jan 4) - Mac & Cheese

Week 3 (Jan 4) - Chili

Week 4 (Jan 4) - Curry

Bonus (Feb 1) - Spaghetti

@ThisIsKassia