



March Events

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 "Lettuce Make You a Salad" Asian Shrimp Salad	2 Catch of the Day 	3
4	5 Fruit Frenzy 	6 Recipe Showdown Apple and Fennel Pork Loin	7 RD Booth Prize Drawing	8 "Lettuce Make You a Salad" Greek Chicken Salad	9 Catch of the Day 	10
11	12 Fruit Frenzy 	13 Recipe Showdown Chicken Cacciatore	14 RD Booth Prize Drawing RD Day 	15 "Lettuce Make You a Salad" Tex Mex Quinoa	16 St. Patrick's Day Menu 	17
18	19 Fruit Frenzy 	20 Recipe Showdown Thai Curry Chicken	21 RD Booth Prize Drawing	22 "Lettuce Make You a Salad" Asian Seared Beef and Soba Noodles	23 Catch of the Day 	24
25	26 Fruit Frenzy 	27 Recipe Showdown Salsa Chicken Chef Demo	28 RD Booth Prize Drawing	29 "Lettuce Make You a Salad" Herbed Turkey and Roasted Beet Salad	30 Catch of the Day 	 Empowering YOU to LIVE WELL now!



EVENTS

Fruit Frenzy

Fruit and bottled water will be specially priced for National Nutrition Month

Recipe Showdown

Each week a new healthy recipes will battle and it is up to you to decide which one will be added to the menu permanently based on total number purchased!

Lettuce Make You a Salad

Each week we will introduce a new creative salad that is full of healthy nutrients.

*Join us every Thursday for some new and exciting free samples!