

DINNER IS SERVED

What to Expect

ON THE MENU THIS MONTH:

ROAST CHICKEN WITH SPRING VEGETABLES.

- **Shop** for your groceries, find the list on page 2 your meal plan
- **Watch your emails...** You will receive a link to join the zoom event on the Monday before the event
- **Prep** IF required, the pre-email will let you know what you need to prep ahead of time
Clean your kitchen; I always prefer to start cooking with a clean kitchen.



www.dietitianinyourkitchen.com

Questions: 614-706-3495