



**thekeyesingredients**

TEACHING THE BEAUTIFUL TRUTH ABOUT FOOD

January 2023

SUN

MON

TUE

WED

THU

FRI

SAT

<b>1</b> Happy <i>New Year</i>	<b>2</b>	<b>3</b>	<b>4</b> Nutrition Oncology Canopy Class @MH 12 PM	<b>5</b>	<b>6</b> (PRIVATE) Girl Scout Cooking Class 4:30-6:30 PM	<b>7</b> (PRIVATE) Birthday Party 6:00 PM
<b>8</b>	<b>9</b>	<b>10</b> Cook through the Book Series:: Ground Zero 12-2 PM <b>\$35</b>	<b>11</b>	<b>12</b>	<b>13</b> Kitchen Closed Available for Rent*	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> Coffee & Convo w/Michelle 2-4 PM	<b>18</b> Nutrition Education Gimme Five: Where to Begin? 12-1 PM <b>\$35</b>	<b>19</b> Cancer Support Group Led by Moms 10 AM	<b>20</b> Kitchen Closed Available for Rent*	<b>21</b>
<b>22</b>	<b>23</b> Grocery Store Tour w/Michelle 1-3 PM	<b>24</b> Instant Pot Cooking Class 12-3 PM <b>\$95</b>	<b>25</b>	<b>26</b>	<b>27</b> Kitchen Closed Available for Rent*	<b>28</b>
<b>29</b>	<b>30</b> Baking & Better Breakfasts 9-11 AM	<b>31</b> Cook through the Book Series:: Breakfasts 12-2 PM <b>\$35</b>				<i>La Bella Verita!</i> THE BEAUTIFUL TRUTH



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# February 2023

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29	30	31	1 Nutrition Oncology Canopy Class @MH 12 PM	2	3 Kitchen Closed Available for Rent*	4
5	6	7 Cook through the Book Series:: Stews 12-2 PM \$35	8	9 DEMO Game Day Food 12-2 PM \$35	10 Kitchen Closed Available for Rent*	11
12	13 Grocery Store Tour w/Michelle 1-3 PM	14 	15 Nutrition Education "Class" 12-1 PM \$35	16	17 Kitchen Closed Available for Rent*	18
19	20	21 Cook through the Book Series: Marinades & Dressings 12-2 PM \$35	22	23 Date Night Cooking Class Steak & Italian 6-9 PM \$125	24 Kitchen Closed Available for Rent*	25
26	27 Baking & Better Breakfasts 9-11 AM	28				<i>La Bella Verita!</i> THE BEAUTIFUL TRUTH



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March 2023

SUN

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26 <i>La Bella Verita!</i> THE BEAUTIFUL TRUTH	27	28	1 Nutrition Oncology Canopy Class @MH 12 PM	2	3 Kitchen Closed Available for Rent*	4
5	6 Coffee & Convo w/Michelle 2-4 PM	7	8 Nutrition Education "Class" 12-1 PM \$35	9	10 Kitchen Closed Available for Rent*	11
12 	13 <i>Kitchen's Closed - Enjoy your Spring Break!</i>					18
19	20 Baking & Better Breakfasts 9-11 AM	21 Cook through the Book Series: Sauces 12-2 PM \$35	22	23 Picatta! Cooking Class 6-9 PM \$95	24 Kitchen Closed Available for Rent*	25
26	27 Grocery Store Tour w/Michelle 1-3 PM	28	29	30	31 Kitchen Closed Available for Rent*	



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*April 2023*

SUN

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SAT

		28	29	30	31	1
<i>La Bella Verita!</i> THE BEAUTIFUL TRUTH						
2	3 Baking & Better Breakfasts 9-11 AM	4	5 Nutrition Oncology Canopy Class @MH 12 PM	6	7 Kitchen Closed Available for Rent*	8
9 	10	11 Cook through the Book Series: Salads 12-2 PM \$35	12 Nutrition Education "Class" 12-1 PM \$35	13	14 Kitchen Closed Available for Rent*	15
16	17	18	19 	20	21 Kitchen Closed Available for Rent*	22
23 30	24	25	26	27	28 Kitchen Closed Available for Rent*	29