

2023

# October



[Out] Laffans Veg

sunday

monday

tuesday

wednesday

thursday

friday

saturday

Enchiladas

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Stuffed shells

Shashuka @ Katie's

Fried Rice

Frank's Pizza

King Dumpling

Witch Topokki Alice

Meatball Subs

Bee Udon Noodles

Flavell

Mushroom Rigatoni Alfredo

Mushroom Rigatoni Alfredo

Bodhi Veg Dim Sum

Japanese Curry

Turkey Chili

Chili

TS orange chicken + cabbage + miso

Cauliflower Potato bake

Kyuramen

Ratatouille

Honey Pork chops w/ norm squash

Red Pesto Pasta

Black Bean Soup

Ratatouille

Mango shrimp

instant ramen

Poppers chicken

Japanese Curry

Japanese Curry

Honey mustard Pork chops

Switch to green

september 2023

november 2023

su	m	t	w	th	f	sa	su	m	t	w	th	f	sa
							1	2	3	4	5	6	7
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

notes & such

DO SOMETHING CREATIVE EVERY DAY

flowers  
[out]  
mealless