

# Plan for Good Health

## 2011 Calendar

### Healthy Recipes *Inside*

Sesame Noodles with  
Broccoli and Chicken

Hearty Chicken Soup  
with Homemade Noodles

Veggie Quiche Muffins

Spring Fling Chowder

Fish and Spinach Bake

Easy Skillet Chili

Chinese Ramen Cabbage  
Salad

Summer Smoothies

Breakfast No-Bake  
Granola Bars

Pumpkin Pancakes

Chicken Mole

Winter Fruit Crisp