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# February



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Recipe idea</b> – Want a hearty meal? Make <i>Tyson</i> ® Chicken Breast Medallions in White Wine & Garlic Sauce Casserole to make everyone happy.	2	3 	4 <b>Free Offer</b> – Make sure you get your 3 months free of Cooking Light Magazine from <i>Tyson</i> Refrigerated and Frozen Strips.	5	6 <b>Family idea</b> – Make Friday night, Game Night! Play “Pass the What?” and see how creative your minds can get.	7 
8 	9	10	11 <b>Meal idea</b> – • <i>Tyson</i> Seasoned Beef Meatloaf • Refrigerated mashed potatoes • Deli rolls	12 	13 <b>Lovely Meal</b> – Avoid crowded restaurants and make a romantic meal at home. Get <i>Tyson</i> Grilled Chicken Strips to make Chicken and Sun-dried Tomato Pasta in minutes. Visit <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> to make sure you have all of your ingredients.	14 <b>Valentine's Day</b>
15 <b>Family idea</b> – Since it is still a little chilly outside, have a picnic inside to celebrate President's Day. While eating a delicious Chicken Waldorf Salad, using <i>Tyson</i> Pouched Chicken, discuss Presidential trivia with the kids! You never know, they might have a quiz the next day.	16 <b>President's Day</b>	17 	18	19 <b>Family idea</b> – Start collecting family recipes for your own personal cookbook. Visit <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> for more family fun ideas.	20 	21
22 	23	24 <b>Family idea</b> – Celebrate Mardi Gras by making Easy Chicken Nachos. A wonderfully tasty appetizer the family is sure to love!	25 	26	27 	28 <b>Meal idea</b> – Make a deliciously wholesome meal for your family, by creating the <i>Tyson</i> Sweet Potato Shepherd's Pie using <i>Tyson</i> Beef Pot Roast.
1	2 Check out the Press Release from Robin Miller on <a href="http://EmbraceDinner.com">EmbraceDinner.com</a>	3 	4	5 Sign up for the Embrace Dinner newsletter for great meal ideas and promotions!	6	7 Look for great promotions coming in March at <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> !

