



The  
Solutions  
Group

# COOKING SHOW

## Make it Meatless Monday

THURSDAY  
APRIL 27  
NOON - 1:00 PM



Allow the meatless movement to inspire you with these protein-rich, flavorful recipes that encourage you to step outside the butcher box and explore new ways of whipping up dinner. Choosing to occasionally go meatless not only boosts your budget, but it also supports the sustainability of our planet in celebration of Earth Day month.



**[Register HERE](#)**, or scan the  
QR Code with a smart device.



SCAN ME

Can't make it? It's ok, register anyway and we'll send you the recording after.

Questions? Contact [wellness@phs.org](mailto:wellness@phs.org)