






# YOU CAN DO AIP CHALLENGE

MONDAY, JAN 15TH	TUESDAY JAN 16TH	WEDNESDAY, JAN 17TH	THURSDAY, JAN 18TH	FRIDAY, JAN 19TH	SAT/SUN, JAN 20/21	MONDAY, JAN 22ND
<p>HOW BATCH COOKING SAVES TIME</p> <p><b>MAKING:</b> MAPLE BLUEBERRY SAUSAGES</p> 	<p>SOUPS MAKE GREAT BREAKFASTS!</p> <p><b>MAKING:</b> CARROT GINGER SOUP</p>  <p><b>GIVEAWAY:</b> GET YOUR PICS OF BREAKFAST SAUSAGES IN BY 9 PM MST!</p>	<p>THE MAGIC OF SWEET POTATOES</p> <p><b>MAKING:</b> SWEET POTATO BOWLS</p>  <p><b>GIVEAWAY:</b> GET YOUR PICS OF SOUP IN BY 9 PM MST!</p>	<p>RELAXATION IS EXTREMELY IMPORTANT</p> <p><b>DOING:</b> LISTEN TO GUIDED MEDITATION!</p>  <p><b>GIVEAWAY:</b> GET YOUR PICS OF SWEET POTATOES IN BY 9 PM MST!</p>	<p>SHEET PANS AREN'T JUST FOR SUPPERS</p> <p><b>MAKING:</b> VEGGIE SHEET PAN BREAKFAST</p>  <p><b>GIVEAWAY:</b> GET YOUR FAVE WAY TO RELAX IN BY 9 PM MST!</p>	<p>CATCH UP</p> <p><b>DOING:</b> DO ANY DAYS AND RECIPES YOU MISSED!</p> <p><b>GIVEAWAY:</b> GET YOUR SHEET PAN PICS IN BY SAT AT 9 PM MST!</p>	<p><b>GRAND PRIZE DRAWING!</b></p> <p>YOU NEED TO HAVE TO HAVE COMPLETED AT LEAST 3 OF THE DAYS TO BE ENTERED. GET THOSE ENTRIES IN BY 4 PM MST!</p>