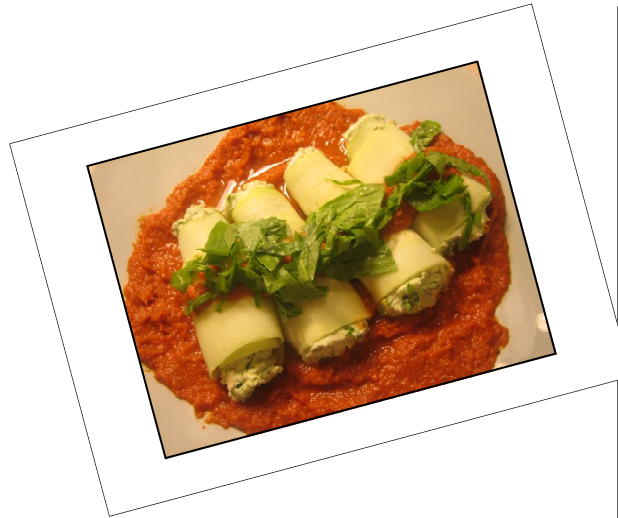


Dynamic Raw Food Creations February 2010

- You do not have to be 100% raw to enjoy the benefits. Start by incorporating an extra salad, fruit, or raw snacks several times per week. You can also add in one raw dish per meal and work your way up to your preference.
- Great **warming** spices are cumin, cayenne, curry, garlic, cinnamon, and ginger.
- Visit the website today:
www.dynamicrawfoodcreations.com
 for more information and recipe ideas!



Seasonal Foods

Avocados

Bananas

Broccoli

Cabbages

Cauliflower

Kumquats

Mangoes

Pears

Tangerines

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>February is Chocolate Lover's Month!</i>	<i>1 What are your health goals this month?</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8 Pack a healthy lunch today!</i>	<i>9</i>	<i>10 Chinese New Year</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14 Happy Valentine's Day</i>	<i>15 President's Day</i>	<i>16</i>	<i>17 Ash Wednesday</i>	<i>18</i>	<i>19</i>	<i>20 Try a new smoothie flavor today!</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>						