



A Healthy Table for Two

VALENTINE'S DAY MENU

Nothing says "I love you" quite like a healthy, homemade meal at home.

DRINK

Berry Rosemary-Infused Water

DINNER

Fancy Kale Salad With Citrus Vinaigrette
Sheet Pan Bruschetta Chicken

DESSERT

Dark Chocolate Avocado Truffles

 ShapeYourFutureOK.com

A Program of
 TSET

