

2018



He hath made every thing beautiful in his time:
also he hath set the world in their heart,
so that no man can find out the work
that God maketh from the beginning to the end.

ECCLESIASTES 3:11

12 LOW-GLYCEMIC RECIPES FROM BRIANA THOMAS



Necessary Time



THOU SHALT GUIDE ME
WITH THY COUNSEL,
AND AFTERWARD
RECEIVE ME TO GLORY.

PSALM 73:24




CHOCOLATE CHIP
COOKIE DOUGH
protein butter

JANUARY 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 2017 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Jr Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	FEBRUARY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28



"You are like *a star upon my path*
which guides me on the upward way," said he.

"Our souls are set together upon *the finding of honor,*
and how shall we hold each other back
when our purpose is the same?"

Sir Nigel, Sir Arthur Conan Doyle

Mocha
CHEESECAKE

FEBRUARY 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28	1	2	MARCH 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

A black plate of chickpea curry over cauliflower with green beans. The plate is filled with a white cauliflower base, topped with a chickpea curry containing green peas and carrots. A side of green beans is also present.

DO NOT MAKE RADICAL STATEMENTS.

ASK
RADICAL
QUESTIONS.

GARY MILLER

Chickpea Curry
OVER CAULITOEES

MARCH 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	27	28	1	2	3
4	5	6	7	8	9	10
11 Daylight Savings Time Begins	12	13	14	15	16	17 St Patrick's Day
18	19	20 Spring Begins	21	22	23	24
25 Palm Sunday	26	27	28	29	30 Good Friday	31