You are invited to

Marinate It!

on _____

at _____

Your host will provide you with 3-5 choices of marinades. Please bring your protein of choice (chicken, beef, fish, pork or tofu) with you to complete the meals.

Please also bring freezer bags (enough for your desired number of servings) and a cooler to transport your meals.

RSVP to _____ at _____

*Please include the total number of servings you require.

Recipes and resources are provided by onceamonthmeals.com

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