

Veal Social Media Calendar

February 2018

Twitter & Instagram Handles: @VealMadeEasy

Facebook page: Veal Made Easy

Month	Suggested tweets	Suggested posts	Suggested Posts
February	VME Twitter	VME Facebook	VME Instagram
1.	Will Mr. Groundhog see his shadow?? Better send him some sweet #spring vibes! http://vealmadeeasy.com/veal-scalloped-with-asparagus-7/ #SpringGreens #GroundhogDay	Will Mr. Groundhog see his shadow?? Better send him some sweet #spring vibes! http://vealmadeeasy.com/veal-scalloped-with-asparagus-7/ #SpringGreens #GroundhogDay	N/A
2.	Countdown to #gameday! This #chili is sure to please 🍲 http://vealmadeeasy.com/recipes/veal-chili/ #SuperbowlSunday #Recipe [Insert Recipe Image]	Countdown to #gameday! This #chili is sure to please 🍲 http://vealmadeeasy.com/recipes/veal-chili/ #SuperbowlSunday #Recipe [Insert Recipe Image]	Countdown to #gameday! This #chili is sure to please 🍲 http://vealmadeeasy.com/recipes/veal-chili/ #SuperbowlSunday #Recipe [Insert Recipe Image]
3.	Are YOU ready for #SuperbowlSunday?? Be the host with the most this #gameday w/this epic #fingerfood! http://vealmadeeasy.com/recipes/hungarian-meatballs/ *Recipe by @thedaringgourmet [Insert Recipe Image]	Are YOU ready for #SuperbowlSunday?? Be the host with the most this #gameday w/this epic #fingerfood! http://vealmadeeasy.com/recipes/hungarian-meatballs/ *Recipe by Kimberly Killebrew of The Daring Gourmet [Insert Recipe Image]	Are YOU ready for #SuperbowlSunday?? Be the host with the most this #gameday w/this epic #fingerfood! http://vealmadeeasy.com/recipes/hungarian-meatballs/ *Recipe by @thedaringgourmet [Insert Recipe Image]
4.	"It's not whether you win or lose, it's how you play the game." (But in this case #winning would be better...) Enter now to win \$150 in free groceries!!! http://vealmadeeasy.com/swe	"It's not whether you win or lose, it's how you play the game." (But in this case #winning would be better...) Enter now to win \$150 in free groceries!!! http://vealmadeeasy.com/swe	N/A

	epstakes/ #EatBetterEatVeal #Sweepstakes #Superbowl	epstakes/ #EatBetterEatVeal #Sweepstakes #Superbowl	
5.	Another awesome new #recipe by Kimberly Killebrew of @thedaringgourmet! #EatBetter in 2018 with these mouth-watering Thai Lettuce Wraps! http://vealmadeeasy.com/recipes/thai-lettuce-wraps-veal/ [Insert Recipe Image]	Another awesome new #recipe by Kimberly Killebrew of The Daring Gourmet! #EatBetter in 2018 with these mouth-watering Thai Lettuce Wraps! http://vealmadeeasy.com/recipes/thai-lettuce-wraps-veal/ [Insert Recipe Image]	Another awesome new #recipe by Kimberly Killebrew of @thedaringgourmet! #EatBetter in 2018 with these mouth-watering Thai Lettuce Wraps! http://vealmadeeasy.com/recipes/thai-lettuce-wraps-veal/ [Insert Recipe Image]
6.	There are more important things in life than winning or losing.... buttttt this kind of seems like it should be on your top list of priorities http://vealmadeeasy.com/sweepstakes/#EatBetterEatVealContest	There are more important things in life than winning or losing.... buttttt this kind of seems like it should be on your top list of priorities http://vealmadeeasy.com/sweepstakes/#EatBetterEatVealContest	N/A
7.	It sure is coooold outside.... but these #deliciousandnutritious Veal Chops w/ Mango Salsa will temporarily transport you to tropical bliss! http://vealmadeeasy.com/recipes/citrus-rubbed-veal-chops-mango-salsa/ [Insert Recipe Image] #EatBetterEatVeal #Recipe	It sure is coooold outside.... but these #deliciousandnutritious Veal Chops w/ Mango Salsa will temporarily transport you to tropical bliss! http://vealmadeeasy.com/recipes/citrus-rubbed-veal-chops-mango-salsa/ [Insert Recipe Image] #EatBetterEatVeal #Recipe	It sure is coooold outside.... but these #deliciousandnutritious Veal Chops w/ Mango Salsa will temporarily transport you to tropical bliss! http://vealmadeeasy.com/recipes/citrus-rubbed-veal-chops-mango-salsa/ [Insert Recipe Image] #EatBetterEatVeal #Recipe
8.	Feeling the cold & can't wait 'til Spring? Here's another #delicious & #nutritious recipe that'll surely put a "spring" in your step ☺ http://vealmadeeasy.com/recipes/asian-express-veal-lettuce-wraps/ [Insert Recipe Image] #EatBetterEatVeal	Feeling the cold & can't wait 'til Spring? Here's another #delicious & #nutritious recipe that'll surely put a "spring" in your step ☺ http://vealmadeeasy.com/recipes/asian-express-veal-lettuce-wraps/ [Insert Recipe Image] #EatBetterEatVeal	Feeling the cold & can't wait 'til Spring? Here's another #delicious & #nutritious recipe that'll surely put a "spring" in your step ☺ http://vealmadeeasy.com/recipes/asian-express-veal-lettuce-wraps/ [Insert Recipe Image] #EatBetterEatVeal
9.	Are You #InItToWinIt?? ;) ENTER NOW to win \$150 in	Are You #InItToWinIt?? ;) ENTER NOW to win \$150 in	N/A

	<p>free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstakes</p>	<p>free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstakes</p>	
10.	<p>This month, we're all about #delicious & #nutritious! Make these Sesame Veal Strips and melt those worries away ☺ http://vealmadeeasy.com/recipes/sesame-veal-strips/ [Insert Recipe Image] #EatBetterEatVeal</p>	<p>This month, we're all about #delicious & #nutritious! Make these Sesame Veal Strips and melt those worries away ☺ http://vealmadeeasy.com/recipes/sesame-veal-strips/ [Insert Recipe Image] #EatBetterEatVeal</p>	<p>This month, we're all about #delicious & #nutritious! Make these Sesame Veal Strips and melt those worries away ☺ http://vealmadeeasy.com/recipes/sesame-veal-strips/ [Insert Recipe Image] #EatBetterEatVeal</p>
11.	<p>The best of all is the luck you make for yourself. ENTER NOW to win \$150 of free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstakes</p>	<p>The best of all is the luck you make for yourself. ENTER NOW to win \$150 of free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstakes</p>	N/A
12.	<p>#EatBetter in 2018! ☺ Try these #deliciousandnutritious sizzling fajitas! http://vealmadeeasy.com/recipes/grilled-veal-steak-fajitas/ http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal [Insert Recipe Image]</p>	<p>#EatBetter in 2018! ☺ Try these #deliciousandnutritious sizzling fajitas! http://vealmadeeasy.com/recipes/grilled-veal-steak-fajitas/ http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal [Insert Recipe Image]</p>	<p>#EatBetter in 2018! ☺ Try these #deliciousandnutritious sizzling fajitas! http://vealmadeeasy.com/recipes/grilled-veal-steak-fajitas/ http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal [Insert Recipe Image]</p>
13.	<p>Happy #MardiGras! Celebrate by warming up with this hearty & delicious Irish-style stew! http://vealmadeeasy.com/veal-stew-with-potatoes/ #MmmMmmGood</p>	<p>Happy #MardiGras! Celebrate by warming up with this hearty & delicious Irish-style stew! http://vealmadeeasy.com/veal-stew-with-potatoes/ #MmmMmmGood</p>	N/A
14.	<p>Happy #ValentinesDay :) Cozy up with these Veal #LoveBirds and fall head over heels! http://vealmadeeasy.com/veal-lovebirds/ #FoodBlog #Recipe</p>	<p>Happy #ValentinesDay :) Cozy up with these Veal #LoveBirds and fall head over heels! http://vealmadeeasy.com/veal-lovebirds/ #FoodBlog #Recipe</p>	N/A

15.	#CONTESTALERT You heard right! Enter now to win \$150 in free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstake [Insert Image]	#CONTESTALERT You heard right! Enter now to win \$150 in free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstake [Insert Image]	#CONTESTALERT You heard right! Enter now to win \$150 in free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Sweepstake [Insert Image]
16.	The person that said winning isn't everything never won anything ;) Enter our #sweepstakes to win \$150 in groceries! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Contest	The person that said winning isn't everything never won anything ;) Enter our #sweepstakes to win \$150 in groceries! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Contest	N/A
17.	MEATLOAF MUFFINS. THE FUTURE IS NOW. http://vealmadeeasy.com/recipes/veal-meatloaf-muffins-crispy-topping/ [Insert Recipe Image] #Foodblog #Recipe	MEATLOAF MUFFINS. THE FUTURE IS NOW. http://vealmadeeasy.com/recipes/veal-meatloaf-muffins-crispy-topping/ [Insert Recipe Image] #Foodblog #Recipe	MEATLOAF MUFFINS. THE FUTURE IS NOW. http://vealmadeeasy.com/recipes/veal-meatloaf-muffins-crispy-topping/ [Insert Recipe Image] #Foodblog #Recipe
18.	Stir-fry me a river http://vealmadeeasy.com/recipes/veal-stir-fry-with-broccoli-and-cauliflower/ [Insert Recipe Image] #EatBetterEatVeal #HealthyRecipe	Stir-fry me a river http://vealmadeeasy.com/recipes/veal-stir-fry-with-broccoli-and-cauliflower/ [Insert Recipe Image] #EatBetterEatVeal #HealthyRecipe	Stir-fry me a river http://vealmadeeasy.com/recipes/veal-stir-fry-with-broccoli-and-cauliflower/ [Insert Recipe Image] #EatBetterEatVeal #HealthyRecipe
19.	When it comes to luck - you make your own! ENTER NOW to win \$150 of free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Contest	When it comes to luck - you make your own! ENTER NOW to win \$150 of free groceries!!! http://vealmadeeasy.com/sweepstakes/ #EatBetterEatVeal #Contest	N/A
20.	Feeling less than healthy lately? Let those worries s'Curry away with this #deliciousandnutritious Thai Yellow Curry #Recipe ;)	Feeling less than healthy lately? Let those worries s'Curry away with this #deliciousandnutritious Thai Yellow Curry #Recipe ;)	Feeling less than healthy lately? Let those worries s'Curry away with this #deliciousandnutritious Thai Yellow Curry #Recipe ;)

	http://vealmadeeasy.com/recipes/veal-thai-yellow-curry/ [Insert Recipe Image] #EatBetterEatVeal	http://vealmadeeasy.com/recipes/veal-thai-yellow-curry/ [Insert Recipe Image] #EatBetterEatVeal	http://vealmadeeasy.com/recipes/veal-thai-yellow-curry/ [Insert Recipe Image] #EatBetterEatVeal
21.	Step up your sandwich game by 500% http://vealmadeeasy.com/recipes/vlt-sandwich/ [Insert Recipe Image] #FoodBlog #Recipe	Step up your sandwich game by 500% http://vealmadeeasy.com/recipes/vlt-sandwich/ [Insert Recipe Image] #FoodBlog #Recipe	Step up your sandwich game by 500% http://vealmadeeasy.com/recipes/vlt-sandwich/ [Insert Recipe Image] #FoodBlog #Recipe
22.	Break up with your takeout app and make this instead http://vealmadeeasy.com/veal-piccata-parsley-capers/ #Piccata #FoodBlog	Break up with your takeout app and make this instead http://vealmadeeasy.com/veal-piccata-parsley-capers/ #Piccata #FoodBlog	N/A
23.	Your body will thank you for this http://vealmadeeasy.com/recipes/veal-and-vegetable-soup/ #EatBetterEatVeal #Healthy [Insert Recipe Image]	Your body will thank you for this http://vealmadeeasy.com/recipes/veal-and-vegetable-soup/ #EatBetterEatVeal #Healthy [Insert Recipe Image]	Your body will thank you for this http://vealmadeeasy.com/recipes/veal-and-vegetable-soup/ #EatBetterEatVeal #Healthy [Insert Recipe Image]
24.	This is just one of those recipes that you should know how to make ;)) http://vealmadeeasy.com/classic-veal-parmesan/ #VealParm #FoodBlog	This is just one of those recipes that you should know how to make ;)) http://vealmadeeasy.com/classic-veal-parmesan/ #VealParm #FoodBlog	N/A
25.	Build the #burger you wish to see in the world http://vealmadeeasy.com/recipes/muenster-stuffed-veal-and-mushroom-burger/ [Insert Recipe Image] #FoodBlog #Recipe	Build the #burger you wish to see in the world http://vealmadeeasy.com/recipes/muenster-stuffed-veal-and-mushroom-burger/ [Insert Recipe Image] #FoodBlog #Recipe	Build the #burger you wish to see in the world http://vealmadeeasy.com/recipes/muenster-stuffed-veal-and-mushroom-burger/ [Insert Recipe Image] #FoodBlog #Recipe
26.	Pretending you're on a tropical island while eating these will only make them taste better http://vealmadeeasy.com/veal-chop-mango-salsa/	Pretending you're on a tropical island while eating these will only make them taste better http://vealmadeeasy.com/veal-chop-mango-salsa/	N/A
27.	The food equivalent of putting on thick cozy socks	The food equivalent of putting on thick cozy socks	The food equivalent of putting on thick cozy socks

	http://vealmadeeasy.com/recipes/veal-vegetable-lasagna/ #Lasagna #Recipe [Insert Recipe Image]	http://vealmadeeasy.com/recipes/veal-vegetable-lasagna/ #Lasagna #Recipe [Insert Recipe Image]	http://vealmadeeasy.com/recipes/veal-vegetable-lasagna/ #Lasagna #Recipe [Insert Recipe Image]
28.	When you're like "I'm too busy to cook!" this #recipe is all "I got you" http://vealmadeeasy.com/recipes/fast-veal-parmigiana/ [Insert Recipe Image] #Foodblog	When you're like "I'm too busy to cook!" this #recipe is all "I got you" http://vealmadeeasy.com/recipes/fast-veal-parmigiana/ [Insert Recipe Image] #Foodblog	When you're like "I'm too busy to cook!" this #recipe is all "I got you" http://vealmadeeasy.com/recipes/fast-veal-parmigiana/ [Insert Recipe Image] #Foodblog