

Veal Social Media Calendar – November 2018

Date	Platform/ Boost Budget	Post	Photo
11/1	Facebook	Kick off a new month with this highly rated dish from @VealMadeEasy: Honey Dijon Veal and Zucchini Stir-Fry. Packed with an impressive 32g of #protein and ready in less than 30 minutes, this stir-fry is so easy and delicious it may just make you cry (happy tears, of course!) #EatBetterEatVeal https://vealmadeeasy.com/recipes/honey-dijon-veal-zucchini-stir-fry/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Honey-Dijon-Veal-Zucchini-Stir-Fry.jpg
	Twitter	We're not gonna lie, when it comes to #weeknightmeals, it doesn't get any easier than stir-fry... like this highly rated Honey Dijon and Zucchini Stir-Fry from @VealMadeEasy. #EatBetterEatVeal https://vealmadeeasy.com/recipes/honey-dijon-veal-zucchini-stir-fry/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Honey-Dijon-Veal-Zucchini-Stir-Fry.jpg
	Instagram	Welcome the new month with a recipe that's easy as pie. We're of course talkin' stir-fry! This highly rated Honey Dijon #Veal and Zucchini Stir-Fry from @VealMadeEasy is ready in under 30 minutes and its 32g of #protein prove that this dish is too good to pass you by. #EatBetterEatVeal https://vealmadeeasy.com/recipes/honey-dijon-veal-zucchini-stir-fry/ #25minutemeals #30minutemeals #weeknightmeals #familyrecipes #vealrecipes #foodstagram #recipe	https://vealmadeeasy.com/wp-content/uploads/2014/02/Honey-Dijon-Veal-Zucchini-Stir-Fry.jpg
11/2	Facebook	Friday nights are for kicking back and keepin' cozy at home. May we also suggest whipping up a batch of this warm and aromatic Coconut Curried #Veal and Vegetable Stew, packed with tender veal, hearty cauliflower, fresh ginger and protein-packed chickpeas? Put in the prep time tonight and sit back and stew in the goodness all weekend long. #EatBetterEatVeal https://vealmadeeasy.com/recipes/coconut-curry-veal-and-vegetable-stew/	https://www.youtube.com/watch?v=UR4F6hmJPrw Upload video directly to Facebook
	Twitter	We're not gonna lie, when it comes to #weeknightmeals, it doesn't get any easier than stir-fry... and this highly rated Honey Dijon and Zucchini Stir-Fry from @VealMadeEasy is like a pie in the sky. #EatBetterEatVeal https://vealmadeeasy.com/recipes/honey-dijon-veal-zucchini-stir-fry/	https://www.youtube.com/watch?v=UR4F6hmJPrw Upload video directly to Twitter
	Instagram	Nothing warms the belly like hearty bowl of #stew, but nothing ALSO tickles your taste buds like this delicate and aromatic Coconut Curried #Veal and Vegetable Stew from @VealMadeEasy, packed with tender veal, hearty #cauliflower, fresh ginger and protein-packed chickpeas. Put in the prep time tonight, and you can sit back and stew in this goodness all weekend long. #EatBetterEatVeal https://vealmadeeasy.com/recipes/coconut-curry-veal-and-vegetable-stew/	https://www.youtube.com/watch?v=UR4F6hmJPrw Upload video directly to Instagram

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		stew/ #stewrecipes #vealstew #fallrecipes #recipe #curryrecipes #instafood	
11/3	Facebook	@VealMadeEasy is your one-stop shop for the real deal on #veal. We've got you covered with helpful tips on everything you need to know about your veal's journey from the grocery store aisle to the kitchen to the dinner plate. Sign up for our newsletter and be the first to get the skinny on our latest veal tips, recipes and more! #EatBetterEatVeal https://vealmadeeasy.com/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Picata-Less-Pasta.jpg
	Twitter	Get the skinny on all things #veal from @VealMadeEasy. From tips on buying and storing veal, to creative recipes, cooking tips, nutritional info and more, we'll keep you in the know. #EatBetterEatVeal https://vealmadeeasy.com/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Picata-Less-Pasta.jpg
	Instagram	New to #veal? Hop on over to @VealMadeEasy and make it your one-stop shop for all things veal. From tips on buying, storing, and cooking this delicate meat, to creative recipe inspiration and more, we've got the latest and greatest intel to ensure your veal meals are the real deal. #EatBetterEatVeal https://vealmadeeasy.com/ #cookingtips #vealmeals #recipeinspiration #recipe #healthyeating #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Picata-Less-Pasta.jpg
11/4	Facebook	Go ahead – use that extra hour you gained today thanks to the end of #DaylightSavingTime to prep this incredible #Veal Breast Mushroom Roulade. It's precisely that extra hour (and then some) that allows the delectable marsala sauce to delicately simmer and slowly cook the veal breasts to perfection. We promise the extra time in the kitchen will pay off on the dinner plate. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-breast-mushroom-roulade/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Breast-Roulade-with-Sauteed-Spinach-Mushrooms.jpg
	Twitter	Thanks to the end of #DST, you've got an extra hour on your hands! Make this delicious #Veal Breast Mushroom Roulade, when that extra hour goes a long way to guaranteeing the most tender, marsala-infused veal meal you've ever tasted. https://vealmadeeasy.com/recipes/veal-breast-mushroom-roulade/ #EatBetterEatVeal	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Breast-Roulade-with-Sauteed-Spinach-Mushrooms.jpg
	Instagram	Now that #DaylightSavingTime has come to an end and you've gained an extra hour, we suggest you put it to good use and give our #Veal Breast Mushroom Roulade a go. That extra time the veal spends simmering in a rich and savory marsala sauce makes all the difference when it comes to a tender taste on the plate. We'll even throw in 31g of #protein as a bonus for putting your extra hour to such good use. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-breast-mushroom-roulade/ #rouladerecipes #vealrecipes #marsalarecipes #vealroulade #instafood #recipe	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Breast-Roulade-with-Sauteed-Spinach-Mushrooms.jpg

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11/5	Facebook	Chop chop! It's Monday and we've got another #veal meal to power you through the work week: Veal Chops with Tomato-Pepper Sauce. This meal is a no-brainer because it only takes 20 minutes start to finish and it's loaded with 34g of #protein as well as powerful vitamins, zinc, fiber and iron, ensuring the nutritional punch is just as powerful as the taste. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-chops-with-tomato-pepper-sauce/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Chops-with-Tomato-Pepper-Sauce-hires.jpg
	Twitter	Chop to it! Monday night dinner won't make itself, but it will be quick and painless if Veal Chops with Tomato-Pepper Sauce is on the menu. Did we mention there are only 6 ingredients and it takes just 20 minutes from start to finish? #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-chops-with-tomato-pepper-sauce/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Chops-with-Tomato-Pepper-Sauce-hires.jpg
	Instagram	Monday night dinner won't make itself, but we do promise it will be quick, painless and actually quite #nutritious if @VealMadeEasy's #Veal Chops with Tomato-Pepper Sauce are on the menu. With only 6 ingredients and 20 minutes of your time, this dish also serves up 34g of #protein and a slew of powerful vitamins, fiber and iron. So...what are you waiting for? #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-chops-with-tomato-pepper-sauce/ #vealchops #vealchoprecipes #healthyrecipes #vealrecipes #20minutemeals #recipe #weeknightmeals #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2014/02/Veal-Chops-with-Tomato-Pepper-Sauce-hires.jpg
11/6	Facebook	Sometimes the classics just take the cake, and our fans tend to agree. Case in point – this highly rated recipe for a Classic #Veal Parmesan Sandwich that features not one, not two, but three kinds of cheese. Throw that cheesy trio on top of lightly pan-fried veal cutlets covered with marinara in between a crunchy sub roll, and you've got a winner. Watch and see: https://vealmadeeasy.com/recipes/classic-veal-parmesan-sandwich/ #EatBetterEatVeal	https://www.youtube.com/watch?v=INHBy-CGSo Upload video directly to Facebook
	Twitter	To some, the verdict's still out on which cheese is the best topping for a #Veal Parm sandwich – parmesan, mozzarella or provolone? Our Classic Veal Parmesan Sandwich is ready to make a ruling – why choose when you can have all three? #EatBetterEatVeal https://vealmadeeasy.com/recipes/classic-veal-parmesan-sandwich/	https://www.youtube.com/watch?v=INHBy-CGSo Upload video directly to Twitter
	Instagram	Come see why our recipe for a Classic #Veal Parmesan Sandwich is so highly rated among our fans. Is it the fact that we use not one, but three cheeses? Or perhaps it's the way we delicately bread and pan-fry the veal cutlets? The classic sub roll or simple tomato sauce? The verdict it still out, so make a batch and judge for yourself! #EatBetterEatVeal https://vealmadeeasy.com/recipes/classic-veal-parmesan-sandwich/ #vealparmesan #vealparmsub #vealsandwiches #recipe #vealcutlets #vealrecipes #instafood	https://www.youtube.com/watch?v=INHBy-CGSo Upload video directly to Instagram

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11/7	Facebook	<p>We got a lotta love for this Gremolata #Veal Cutlets with Arugula Salad recipe from @VealMadeEasy. To start, it only takes 20 minutes to make, has 35g of #protein, and one batch makes 4 servings...so may we suggest a cozy dinner for 2 and then packing up the leftovers for lunch? You'll impress that special someone tonight and be the envy of all your co-workers tomorrow. Veal for the double win!</p> <p>#EatBetterEatVeal https://vealmadeeasy.com/recipes/gremolata-veal-cutlets-with-arugula-salad/</p>	https://vealmadeeasy.com/wp-content/uploads/2014/02/Gremolata-Veal-Cutlets-with-Arugula-Salad.jpg
	Twitter	<p>What's not to love about #Veal Gremolata Cutlets with Arugula Salad? The secret's in the breading – a combo of lemon peel, panko and parsley ensures each bite is as zesty as it is crunchy. Did we mention one batch feeds a family of 4? #EatBetterEatVeal</p> <p>https://vealmadeeasy.com/recipes/gremolata-veal-cutlets-with-arugula-salad/</p>	https://vealmadeeasy.com/wp-content/uploads/2014/02/Gremolata-Veal-Cutlets-with-Arugula-Salad.jpg
	Instagram	<p>We got a lotta love for this easy weeknight recipe: #Gremolata Veal Cutlets with Arugula Salad. The breading alone – a trio of lemon peel, #panko and parsley – ensures that every bite will be as zesty as it is crunchy and herbaceous. One batch makes four servings, so invite some guests over tonight and eat it all up, or make it an intimate dinner for two, and pack up those leftovers for tomorrow's lunch. Whatever your pleasure, there's no wrong way to savor this highly rated #veal meal. #EatBetterEatVeal https://vealmadeeasy.com/recipes/gremolata-veal-cutlets-with-arugula-salad/ #VealGremolata #recipe #vealcutlets #vealrecipes #30minutemeals #easyweeknightmeals #foodstagram</p>	https://vealmadeeasy.com/wp-content/uploads/2014/02/Gremolata-Veal-Cutlets-with-Arugula-Salad.jpg
11/8	Facebook	<p>Cold days call for hearty dinners, like these #Veal Cheesesteaks which are oozing with seasoned and thinly shaved veal covered in melted provolone and charred peppers and onions. If that's not enough to warm your bones, we gently suggest you move to a warmer climate.</p> <p>#EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-cheesesteak/</p>	https://vealmadeeasy.com/wp-content/uploads/2017/04/IMG_0889_color_corrected.jpg
	Twitter	<p>Warm up your belly with these decadent #Veal Cheesesteaks from @VealMadeEasy, which ooze personality. Or maybe that's the melted cheese talking? #EatBetterEatVeal</p> <p>https://vealmadeeasy.com/recipes/veal-cheesesteak/</p>	https://vealmadeeasy.com/wp-content/uploads/2017/04/IMG_0889_color_corrected.jpg
	Instagram	<p>Some days, nothing short of a #Veal Cheesesteak will do, so have we got the recipe for you! @VealMadeEasy's take on this classic meaty sub is filled with layers of thinly shaved, tender and seasoned veal covered in melted #provolone and perfectly charred peppers and onions. One batch is ready in just 30 minutes and serves 8, so invite your friends to dinner, or ya know – bring your own hearty appetite to the table (we won't tell). #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-cheesesteak/ #cheesesteakrecipes #vealcheesesteak #vealrecipes #vealsandwiches #instafood #recipe</p>	https://vealmadeeasy.com/wp-content/uploads/2017/04/IMG_0889_color_corrected.jpg

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11/9	Facebook	Did you know that a 3-oz. serving of trimmed, cooked #veal provides more than 10% of our daily values for #protein, zinc, niacin as well as vitamins B-12 and B-6, which can help increase our energy levels? Simply put – veal is a nutritional powerhouse. Learn more and #EatBetterEatVeal: https://vealmadeeasy.com/healthy/	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Salad-1.jpg
	Twitter	#Veal is nutritional powerhouse, serving up more than 10% of our daily values for many B vitamins, #protein and even zinc, which helps maintain immune function and plays an important role in overall growth and brain development. #EatBetterEatVeal https://vealmadeeasy.com/healthy/	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Salad-1.jpg
	Instagram	One 3-oz. serving of trimmed, cooked #veal provides more than 10% of our daily values for #protein and #zinc, which helps maintain immune function and plays an important role in overall growth and brain development. Veal also packs a powerful B vitamin punch, offering a healthy dose of vitamins #B-12 and #B-6 which can help increase our energy levels. Put simply, veal is delicious and nutritious. It's a fact. #EatBetterEatVeal https://vealmadeeasy.com/healthy/ #nutritionfacts #vealmeals #healthyeating #vealnutrition #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Salad-1.jpg
11/10	Facebook	Spice up your Saturday with some Southwestern #Veal Tacos, compliments of yours truly @VealMadeEasy. These tacos are loaded with protein and fiber, and feature tender ground veal that's infused with authentic spices like adobo and chipotle, packed inside crunchy shells and polished with classic toppers like queso, crisp iceberg and diced tomatoes. That's a whole lotta YUM. #EatBetterEatVeal https://vealmadeeasy.com/recipes/southwestern-veal-taco/	https://vealmadeeasy.com/wp-content/uploads/2018/04/southwestern-veal-taco.jpg
	Twitter	Lets taco-bout how awesome this Southwestern Veal #Taco recipe from @VealMadeEasy is. Or better yet, make a batch tonight and taste for yourself. #EatBetterEatVeal https://vealmadeeasy.com/recipes/southwestern-veal-taco/	https://vealmadeeasy.com/wp-content/uploads/2018/04/southwestern-veal-taco.jpg
	Instagram	It's Saturday night, so let's give your dinner crew something to taco-bout. We're willing to bet that a double or even a triple batch of these #tacos will transport your guests south of the border, thanks to chili- and #adobo-spiced ground #veal that's packed inside some crunchy shells and finished off with classic toppers like grated cheese, shredded iceberg, diced tomatoes and sour cream. Taco-riffic! #EatBetterEatVeal https://vealmadeeasy.com/recipes/southwestern-veal-taco/ #tacorecipes	https://vealmadeeasy.com/wp-content/uploads/2018/04/southwestern-veal-taco.jpg

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		#southwesternrecipes #vealtacos #mexicanrecipes #instafood #recipe	
11/11	Facebook	Sundays were made for slow-cooked stew, so get your pot on and sit back and let it simmer! Thanks to key ingredients like #veal, carrots, potatoes and peas, this Savory Veal Stew is a nutritional gold mine – packed with #protein, niacin, zinc and vitamins B-6 and B-12. Eat it up! #EatBetterEatVeal https://vealmadeeasy.com/recipes/savory-veal-stew/	https://vealmadeeasy.com/wp-content/uploads/2014/02/SavoryVealStew.jpg
	Twitter	It's Sunday so time to get your stew on. One pot of this Savory #Veal Stew and you'll have a hearty supper tonight and all week long, not to mention a healthy heaping of #protein, zinc and B-vitamins. #EatBetterEatVeal https://vealmadeeasy.com/recipes/savory-veal-stew/	https://vealmadeeasy.com/wp-content/uploads/2014/02/SavoryVealStew.jpg
	Instagram	Sundays are meant for slow-cooking so we suggest you get a pot of stew on ASAP – Savory #Veal Stew from @VealMadeEasy to be exact – to ensure your supper's a showstopper. Nutritious ingredients like veal, carrots, potatoes, onion and peas take center stage and provide this one pot wonder with a heap of nutritional benefits, from protein and zinc to niacin and vitamins B-6 and B-12. Salivating yet? #EatBetterEatVeal https://vealmadeeasy.com/recipes/savory-veal-stew/ #stewrecipes #mealprepSunday #mealplanning #vealstew #mealprep #recipe #onepotmeals #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2014/02/SavoryVealStew.jpg
11/12	Facebook	If you're a lover of 'za and don't like anyone else's eyes on your pie, you're gonna go nuts for these Individual #Veal Za'atar Flatbreads. Authentic Middle Eastern spice takes the starring role alongside creamy and crumbly feta, tender ground veal and juicy chopped tomatoes to give you a meal that's equal parts tasty and nutritious. Take a peek and #EatBetterEatVeal! https://vealmadeeasy.com/recipes/individual-veal-zaatar-flatbreads/	https://www.youtube.com/watch?v=xhmxljXEsS0 Upload video directly to Facebook
	Twitter	Let's be honest, when Veal #Za'atar Flatbreads are on the menu, no one wants to share. Lucky for you, this #recipe from @VealMadeEasy is individually portioned, ensuring no one will get their paws on your 'za. #EatBetterEatVeal https://vealmadeeasy.com/recipes/individual-veal-zaatar-flatbreads/	https://www.youtube.com/watch?v=xhmxljXEsS0 Upload video directly to Twitter
	Instagram	Middle Eastern flavors pop off of the plate with these Individual #Veal Za'atar Flatbreads, which are fully prepped and ready to eat in 40 minutes flat. Plus the portions are in fact single-serve so you most definitely won't have to share. #EatBetterEatVeal https://vealmadeeasy.com/recipes/individual-veal-zaatar-flatbreads/ #flatbreadrecipes #middleeasternrecipes #pizzarecipes #40minutemeals #instafood #recipe	https://www.youtube.com/watch?v=xhmxljXEsS0 Upload video directly to Instagram
11/13	Facebook	Too cold to grill? Just broil instead! These Simply Sensational #Veal Chops don't discriminate and taste just as good coming from a high-heat	https://vealmadeeasy.com/wp-

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		oven as they do over coals. But perhaps the best part of this recipe (aside from its simplicity and exceptional flavor) is the fact that these chops contain a fabulous 59g of #protein. Yes, you read that right. 59 GRAMS! Now that's the veal deal. #EatBetterEatVeal https://vealmadeeasy.com/recipes/simply-sensational-veal-chops/	content/uploads/2014/02/Simply-Sensational-Veal-Chops.jpg
	Twitter	Too cold to grill? Have no fear, your broiler is here and was made for these Simply Sensational #Veal Chops, which serve up a jaw-dropping 59g of #protein per serving. Say what?! #EatBetterEatVeal https://vealmadeeasy.com/recipes/simply-sensational-veal-chops/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Simply-Sensational-Veal-Chops.jpg
	Instagram	Too cold to #grill? Have no fear, that's why your #broiler is here! And nothing sits more beautifully atop your highest oven rack than these Simply Sensational #Veal Chops from @VealMadeEasy. If you've got a stack of #vealchops, some fresh herbs like basil, thyme, chives, rosemary or oregano, and a half hour of time, you've got what it takes to crush this #recipe, which by the way packs 59g of #protein per serving. Cue jaw drop. #EatBetterEatVeal https://vealmadeeasy.com/recipes/simply-sensational-veal-chops/ #vealchoprecipes #vealchops #weeknightrecipes #25minutemeals #30minutemeals #recipe #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2014/02/Simply-Sensational-Veal-Chops.jpg
11/14	Facebook	Here at @VealMadeEasy, we're laying out the basics for buying #veal! Don't purchase packages of veal that have excessive juices and instead look for meat that is creamy pink in color with a fine-grained texture. Your veal should have very little, if any, fat marbling. Happy shopping! #EatBetterEatVeal https://vealmadeeasy.com/cooking/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Grilled-Veal-Chop-with-Potato-Leek-Hash.jpg
	Twitter	#Veal buying tip of the day: look for meat that is creamy pink in color with a fine-grained texture in a package that is sealed tight without excessive juice. Go ahead and get shoppin' so you can #EatBetterEatVeal! https://vealmadeeasy.com/cooking/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Grilled-Veal-Chop-with-Potato-Leek-Hash.jpg
	Instagram	@VealMadeEasy is your go-to resource for all things #veal, including tips for buying this tender and nutritious meat! When shopping, make sure you look for packages that are cold and sealed properly with very little excessive juice. Your #veal should be pink in color with a fine-grained texture and if there is any fat covering, it should be milky white, with very little fat marbling. Now take your new veal confidence to the grocery store and get shoppin'! #EatBetterEatVeal https://vealmadeeasy.com/cooking/ #buyingtips #vealtips #themoreyouknow #buyingveal #instafood	https://vealmadeeasy.com/wp-content/uploads/2014/02/Grilled-Veal-Chop-with-Potato-Leek-Hash.jpg

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11/15	Facebook	Don't be a #meatball and pass this one by – we promise this recipe is gonna earn its place in your weekly rotation. One batch of our #Veal Meatballs - Italian Style will set you up for multiple days worth of mangia-worthy meals. Eat 'em alone or alongside your favorite pasta – it's all good. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-meatballs-italian-style/	https://vealmadeeasy.com/wp-content/uploads/2018/02/Veal-Meatballs.jpg
	Twitter	#Mangia mangia! #Veal #Meatballs - Italian Style are on the menu tonight and they're not gonna last, so we recommend making a double batch so your mood stays steady through Saturday. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-meatballs-italian-style/	https://vealmadeeasy.com/wp-content/uploads/2018/02/Veal-Meatballs.jpg
	Instagram	#Veal Meatballs - Italian Style are on the menu tonight and we're pretty sure that means happy mouths all around. Make a double batch of these protein-packed balls of goodness so you can #mangia mangia mangia for multiple days. Dish 'em out alongside your favorite #pasta, slap 'em between a hoagie and top with cheese, or just enjoy on their own topped with sauce – there's no wrong way to eat veal #meatballs! #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-meatballs-italian-style/ #vealmeatballs #meatballrecipes #italianrecipes #foodstagram #recipe	https://vealmadeeasy.com/recipes/veal-meatballs-italian-style/
11/16	Facebook	There's nothing like a good #curry to spice up a Friday night. Before you get settled on the couch with your @Netflix, take some time to throw together a few bowls of #Veal Thai Yellow Curry. With 22g of #protein, this unique and flavorful dish will power you through the busy pre-holiday weekend. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-thai-yellow-curry/	https://vealmadeeasy.com/wp-content/uploads/2018/06/PM_20150507_Veal_18102.jpg
	Twitter	If you're at the point when your regular #takeout place can recognize your voice, it's time to step up your cooking game. Try @VealMadeEasy's #Veal Thai Yellow Curry – we promise it's simple to make and as tasty as it sounds! #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-thai-yellow-curry/	https://vealmadeeasy.com/wp-content/uploads/2018/06/PM_20150507_Veal_18102.jpg
	Instagram	Invite a few friends over this fine Friday night to @Netflix and curry... #Veal Thai Yellow Curry, that is. This unique and flavorful dish will fill you up with all the good stuff – #protein-packed veal, creamy coconut milk, stir-fry #veggies and more – to power you through a long night of TV and catching up. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-thai-yellow-curry/ #takeoutfakeout #curry #currydish #curryrecipe #recipe #thairecipe #foodie #TGIF #instafood	https://vealmadeeasy.com/wp-content/uploads/2018/06/PM_20150507_Veal_18102.jpg
11/17	Facebook	This cheesy, doughy, meaty #Veal Calzone is a must-make this weekend. Not only does it ooze scrumptiousness with every bite, you only have to prep and cook once to yield six whole calzones. That's	https://www.youtube.com/watch?v=z0l9DwtmIwA Upload

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		dinner for six in less than an hour! Make cooking – and life – easy when you #EatBetterEatVeal! https://vealmadeeasy.com/recipes/veal-calzone-sandwich/	video directly to Facebook
	Twitter	Make @VealMadeEasy's #Veal Calzone and the party's at your house this #weekend. This cheesy, doughy, meaty #recipe yields six perfectly ooey gooey calzones – no sharing necessary. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-calzone-sandwich/	https://www.youtube.com/watch?v=z0l9Dwtm1wA Upload video directly to Twitter
	Instagram	Sometimes when you make a calzone, you want it all to yourself. We totally get that. That's why @VealMadeEasy has developed the ultimate recipe for #Veal Calzone: Prep and cook once to yield six whole ooey, gooey, cheesy, meaty, doughy calzones... no sharing necessary. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-calzone-sandwich/ #calzone #calzonerecipe #vealcalzone #recipe #calzones #foodstagram	https://www.youtube.com/watch?v=z0l9Dwtm1wA Upload video directly to Instagram
11/18	Facebook	Is there anything better than coming home from your weekend errands to a big pot of #soup simmering on the stove on a crisp fall Sunday? We think not. So don your flannels, get cozy, and prepare to dive into a bowl of delectable #Veal and Vegetable Soup.#EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-and-vegetable-soup/	https://vealmadeeasy.com/wp-content/uploads/2014/02/veal-vegetable-soup.jpg
	Twitter	A cozy fall Sunday calls for a big pot of soup simmering away on the stove. May we suggest #Veal and Vegetable Soup? It's chock full of hearty red potatoes, zucchini, corn and, of course, tender veal. Now that's a soup worth waiting for. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-and-vegetable-soup/	https://vealmadeeasy.com/wp-content/uploads/2014/02/veal-vegetable-soup.jpg
	Instagram	In search of the perfect Sunday afternoon? Look no further than @VealMadeEasy's #Veal and Vegetable Soup. Once the soup is simmering, cozy up on the couch, tune in to the #football game of your choice, and take in the delicious aroma wafting through your kitchen as you await a piping hot bowl of the final result. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-and-vegetable-soup/ #soup #souprecipe #Sundaysupper #mealprepSunday #mealplanning #fallrecipes #vealrecipe #recipe #instafood	https://vealmadeeasy.com/wp-content/uploads/2014/02/veal-vegetable-soup.jpg
11/19	Facebook	On its own, #veal is a smooth and tender meat, succulent to the last bite. Flavoring veal enhances its natural taste to the next level. Whether you prefer to dry rub, marinate, stuff or glaze, you really can't go wrong. #EatBetterEatVeal https://vealmadeeasy.com/cooking-tips/	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Jerked-Chopped.jpg
	Twitter	Bread it, marinate it, stuff it or glaze it up – there's no wrong way to flavor a succulent piece of tender #veal. @VealMadeEasy shares all the secrets of veal success. #EatBetterEatVeal	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Jerked-Chopped.jpg

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		https://vealmadeeasy.com/cooking-tips/	8/05/Veal-Jerked-Chopped.jpg
	Instagram	Amp up #veal's natural taste with any of @VealMadeEasy's flavor tips. Coat veal in breadcrumbs, marinate in oil and herbs, stuff it with #veggies, or glaze it up for an instant party on your plate! #EatBetterEatVeal https://vealmadeeasy.com/cooking-tips/ #cookingtips #howto #howtocookveal #flavortips #vealrecipes #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Jerked-Chopped.jpg
11/20	Facebook	With just two days until T-Day, the last thing you need to worry about is what's for dinner tonight. @VealMadeEasy has you covered: Cook up our #Veal Marsala tonight for a satisfying meal that comes together in just 35 minutes. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-marsala/	https://vealmadeeasy.com/wp-content/uploads/2018/02/veal-marsala-767x525.jpg
	Twitter	T-minus two days until #TurkeyDay... in the meantime, resist the urge to order takeout or take a ride through the drive-thru with @VealMadeEasy's #Veal Marsala, a satisfying and delish dish that comes together in just 35 minutes! #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-marsala/	https://vealmadeeasy.com/wp-content/uploads/2018/02/veal-marsala-767x525.jpg
	Instagram	We get it: #Thanksgiving is in just two days and who has time to cook anything other than #turkey, mashed potatoes, green beans and pies? Well, @VealMadeEasy begs to differ. All it takes is 35 minutes to prep, cook, and plate this #recipe for #Veal Marsala, ensuring you and your family are well fed no matter how hectic the holiday planning gets. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-marsala/ #weeknightdinner #weeknightdinnerideas #quickdinnerrecipes #food #recipe #instafood	https://vealmadeeasy.com/wp-content/uploads/2018/02/veal-marsala-767x525.jpg
11/21	Facebook	There's more to eating well than veggie-packed salads and zucchini noodles. Did you know that a standard 3 oz. portion of many #veal dishes is less than 400 calories? Put veal on your weekly menu and discover that eating #well can be #delicious too. Learn more: https://vealmadeeasy.com/healthy/ #EatBetterEatVeal	https://vealmadeeasy.com/wp-content/uploads/2018/04/veal_walnut_salad.jpg
	Twitter	When #veal's on your weekly menu, you'll quickly learn that eating well can be #delicious too. In fact, a standard 3 oz. portion of many veal dishes is less than 400 calories! Discover more from @VealMadeEasy: https://vealmadeeasy.com/healthy/ #EatBetterEatVeal	https://vealmadeeasy.com/wp-content/uploads/2018/04/veal_walnut_salad.jpg
	Instagram	Did you know that a standard 3 oz. portion of many #veal dishes is less than 400 calories? When you put #veal on your weekly menu, you open the door to eating #delicious on the regular. #TheMoreYouKnow	https://vealmadeeasy.com/wp-content/uploads/2018/04/veal_walnut_salad.jpg

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		#EatBetterEatVeal https://vealmadeeasy.com/healthy/ #mealplanning #groceryshopping #protein #vealrecipes #foodstagram	4/10/veal_walnut_salad.jpg
11/22	Facebook	Turkey may be the star of #Thanksgiving, but we think this #Veal Stuffed Acorn Squash is good enough to serve alongside the classic holiday bird. The veal-centric stuffing made with cinnamon raisin bread, dried cranberries, mushrooms, kale and mushrooms perfectly complements all your favorite #TurkeyDay sides. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-stuffed-acorn-squash/	https://www.youtube.com/watch?v=1_O1C3eBRwg Upload directly to Facebook
	Twitter	#HappyThanksgiving from all of us at @VealMadeEasy! If you're looking for another dish to serve alongside your turkey, might we suggest our #Veal Stuffed Acorn Squash? It's all your favorite fall flavors in one dish. Enjoy! #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-stuffed-acorn-squash/	https://www.youtube.com/watch?v=1_O1C3eBRwg Upload directly to Twitter
	Instagram	All of the flavors of #fall come together in the tastiest way with @VealMadeEasy's #Veal Stuffed Acorn Squash. From #savory ground veal to sweet #cranberries and cinnamon raisin bread, with umami #mushrooms and earthy kale mixed in, this dish is the perfect complement to serve alongside your #ThanksgivingDay turkey. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-stuffed-acorn-squash/ #HappyThanksgiving #Thanksgivingrecipes #Thanksgivingideas #foodie #acornsquash #fallflavors #seasonaleats #recipe #instafood #stewrecipes #vealstew #curry #fallrecipes #falldinner #foodstagram	https://vealmadeeasy.com/wp-content/uploads/2018/05/Veal-Stuffed-Acorn-Squash.jpg
11/23	Facebook	You've made it through the #BlackFriday crowds unscathed, and that calls for celebration! Treat yourself to your favorite takeout dish at home. Whip up @VealMadeEasy's #Veal Stir-Fry with Broccoli and Cauliflower to enjoy a #protein-and-veggie-packed power bowl to replenish your energy levels after all that shopping. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-stir-fry-with-broccoli-and-cauliflower/	https://vealmadeeasy.com/wp-content/uploads/2015/06/PM_20150616_Veal_19074.jpg
	Twitter	Exhausted from hours of #BlackFriday shopping? Restore your energy with a nourishing bowl of #Veal Stir-Fry with #Broccoli and #Cauliflower, packed with #protein and #veggies that will power you through more holiday shopping to come. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-stir-fry-with-broccoli-and-cauliflower/	https://vealmadeeasy.com/wp-content/uploads/2015/06/PM_20150616_Veal_19074.jpg
	Instagram	If you spent all of #BlackFriday treating yourself, continue the trend at home by whipping up a #takeout favorite at home. #Veal Stir-Fry with #Broccoli and #Cauliflower is the #protein-packed, #veggie-stacked way to feed your belly and your soul after a crazy day of shopping and crowds. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-stir-fry-with-broccoli-and-cauliflower/ #treatyoself #BlackFridayshopping	https://vealmadeeasy.com/wp-content/uploads/2015/06/PM_20150616_Veal_19074.jpg

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		#BlackFridayfood #takeoutfakeout #TGIF #food #recipe #foodie #foodstagram	
11/24	Facebook	Looking to impress your guests over the long holiday weekend? Try serving #Veal Medallions Over a Pea Salad with Lemon Sauce. It's a fancy-looking dish that is actually very easy and takes just 40 minutes from prep to plate. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-medallions-over-pea-salad-with-lemon-sauce/	https://vealmadeeasy.com/wp-content/uploads/2016/01/veal-medallions-over-pea-salad-with-lemon-sauce.jpg
	Twitter	It's date night – instead of scrambling to come up with dinner plans, check out this recipe for #Veal Medallions Over a Pea Salad with Lemon Sauce. It's a #gourmetmeal in 40 minutes flat, giving you more time to get gussied up. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-medallions-over-pea-salad-with-lemon-sauce/	https://vealmadeeasy.com/wp-content/uploads/2016/01/veal-medallions-over-pea-salad-with-lemon-sauce.jpg
	Instagram	Saturday night's alright for... fighting off the #hangry feeling with the deceptively easy dish #Veal Medallions Over a Pea Salad with Lemon Sauce! It looks and tastes like #gourmet fine dining, but it's just about as quick to make as a go-to #easy weeknight meal. Now that's a winning weekend combination. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-medallions-over-pea-salad-with-lemon-sauce/ #gourmetdining #finedining #dinefineathome #dinnerideas #gourmetmeals #foodie #recipe #instafood	https://vealmadeeasy.com/wp-content/uploads/2016/01/veal-medallions-over-pea-salad-with-lemon-sauce.jpg
11/25	Facebook	You deserve to put your feet up after spending the #Thanksgiving holiday hosting and cooking for friends and family... but not just yet. Set aside 30 minutes to prep #Veal Vegetable Lasagna, a robust meal featuring protein-packed veal, crunchy peppers, fresh spinach, plump diced tomatoes and smoked mozzarella, and #dinner is all set for the week. Now you can relax! #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-vegetable-lasagna/	https://vealmadeeasy.com/wp-content/uploads/2014/02/veal-lasagna.jpg
	Twitter	Holiday guests overstay their welcome? Don't get grumpy – get cooking! Spend your Sunday prepping a delicious, nutritious #Veal Vegetable Lasagna to fuel your family and friends for their trip home. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-vegetable-lasagna/	https://vealmadeeasy.com/wp-content/uploads/2014/02/veal-lasagna.jpg
	Instagram	We know that the last thing you want to do after a big #holiday weekend is cook, but we promise that prepping a batch of #Veal Vegetable Lasagna is worth it. Spend just 30 minutes assembling a #lasagna filled with #protein-packed ground veal, fresh spinach, crunchy bell peppers, plump diced tomatoes and smoked #mozzarella and you're done with #dinner for the entire week. Consider is an early	https://vealmadeeasy.com/wp-content/uploads/2014/02/veal-lasagna.jpg

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		#Christmas gift to you from @VealMadeEasy. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-vegetable-lasagna/ #mealprepSunday #mealplanning #dinnerideas #makeaheadmeals #mealprep #recipe #foodstagram	
11/26	Facebook	So you bought a few #veal chops at the grocery store but you're not sure what to do next. @VealMadeEasy to the rescue! We suggest #broiling thinner cuts like chops, steaks, and kabobs. Simply season with your favorite spice combo, refer to our recommended cooking times for different cuts, and you will be on your way to a perfectly cooked piece of veal – just make sure it doesn't burn! #EatBetterEatVeal https://vealmadeeasy.com/cooking-methods/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Dijon-Glazed-Veal-Chop-small.jpg
	Twitter	#Veal cooking tip: The key to #broiling veal is to match the rate at which the outside of the meat browns with the temperature inside the meat. Best for thinner cuts like chops, kabobs, and steaks. #EatBetterEatVeal https://vealmadeeasy.com/cooking-methods/	https://vealmadeeasy.com/wp-content/uploads/2014/02/Dijon-Glazed-Veal-Chop-small.jpg
	Instagram	Stumped about the best way to cook a #veal chop? Let @VealMadeEasy shed a little light for you. For steaks, chops, and kabobs, we suggest #broiling. Season the veal with your favorite spice combo and refer to our recommended cooking times for different cuts. The trick is to match the rate at which the outside of the meat browns with the temperature inside the meat. It's not rocket science – just make sure it doesn't burn! #EatBetterEatVeal https://vealmadeeasy.com/cooking-methods/ #cookingtips #broilingtips #howto #vealcookingtips #themoreyouknow #cooking #cookingathome #instafood	https://vealmadeeasy.com/wp-content/uploads/2014/02/Dijon-Glazed-Veal-Chop-small.jpg
11/27	Facebook	Once the last leftover turkey-and-cranberry-sauce sandwich has been gobbled up, it's time to turn to a sub of a different sort: the #Veal Cubano! Simply layer grilled adobo-seasoned veal cutlets, thinly sliced honey baked ham, silky Swiss cheese, pickle chips and yellow mustard in a hero roll, grill to melty-cheese perfection, and lunch is served. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-cubano-sandwich/	https://www.youtube.com/watch?v=FCs0S_wtgBg Upload video directly to Facebook
	Twitter	A cold, late fall day calls for a warm and hearty lunch. A #Veal Cubano Sandwich loaded with seasoned #veal cutlets, #Swiss cheese, mustard, pickles and honey baked #ham that's been pressed and grilled to perfection should do the trick. #EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-cubano-sandwich/	https://www.youtube.com/watch?v=FCs0S_wtgBg Upload video directly to Twitter
	Instagram	@VealMadeEasy's #Veal Cubano Sandwich is the hero you need when #hanger is about to strike. Grab the heartiest roll you can find, stuff it with grilled adobo-seasoned veal cutlets, silky Swiss #cheese, yellow	https://www.youtube.com/watch?v=FCs0S_wtgBg Upload

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		<p>mustard, honey baked #ham and pickle chips, then press and grill for a mouthwatering meal that just so happens to go well with fries.</p> <p>#EatBetterEatVeal https://vealmadeeasy.com/recipes/veal-cubano-sandwich/ #lunch #lunchrecipes #sandwichrecipes #cubano #cubansandwich #vealrecipes #foodie #recipe #foodstagram</p>	<p>video directly to Instagram</p>
11/28	Facebook	<p>Easy #Veal Milanese is exactly what the name implies: a simple at-home version of your favorite fancy restaurant dish. The hardest thing about this meal is deciding which #wine to pair it with.</p> <p>#EatBetterEatVeal https://vealmadeeasy.com/recipes/easy-veal-milanese/</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2018/02/Veal-Milanese-767x524.jpg</p>
	Twitter	<p>If the phrase "#Veal Milanese" sounds like a dish ordered only at the fanciest of restaurants, do we have a surprise for you. As with everything at @VealMadeEasy, we have the #recipe for an at-home version that's – you guessed it – easy! #EatBetterEatVeal https://vealmadeeasy.com/recipes/easy-veal-milanese/</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2018/02/Veal-Milanese-767x524.jpg</p>
	Instagram	<p>There's nothing like the hubbub of the #holidayseason to make you appreciate a weeknight dinner that's ready in just 25 minutes. Bonus points if that meal is a good source of #protein and iron, like our Easy #Veal Milanese. Serve with the #carb of your choice and a green #salad and you've got a well rounded meal in minutes. #EatBetterEatVeal https://vealmadeeasy.com/recipes/easy-veal-milanese/#weeknightrecipe #easyrecipe #milanese #vealdinnerideas #quickdinnerideas #recipe #instafood</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2018/02/Veal-Milanese-767x524.jpg</p>
11/29	Facebook	<p>No need to stress about dinner tonight. With just 20 minutes of prep time and 28g of #protein, @VealMadeEasy's Asian #Veal Meatballs with Noodles is the quick-and-easy dish to power you through to the weekend. #EatBetterEatVeal https://vealmadeeasy.com/recipes/asian-veal-meatballs-with-noodles/</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2018/02/Asian-Meatballs.jpg</p>
	Twitter	<p>Don't get us wrong, we love a good helping of pasta and #meatballs as much as the next person. But sometimes your taste buds are begging to branch out – and that's where @VealMadeEasy's Asian #Veal Meatballs with Noodles come in. Eat up! #EatBetterEatVeal https://vealmadeeasy.com/recipes/asian-veal-meatballs-with-noodles/</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2018/02/Asian-Meatballs.jpg</p>
	Instagram	<p>You've got a question – what's for dinner? We've got the answer: Asian #Veal Meatballs with Noodles. All it takes is 20 minutes of #mealprep and 25 minutes in the oven – take that time to pour a glass of wine and pat yourself on the back for a dinner well done.</p> <p>#EatBetterEatVealhttps://vealmadeeasy.com/recipes/asian-veal-meatballs-with-noodles/ #meatballs #asianinspiredrecipe #recipe #foodie #noodles #weeknightdinner #easydinnerideas #foodstagram</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2018/02/Asian-Meatballs.jpg</p>

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11/30	Facebook	<p>Sometimes there's nothing better than biting into a big ol' #sandwich – especially if that sandwich is packed with crispy #veal cutlets, juicy tomato slices, herbaceous arugula, and a kickin' red pepper ketchup. That's @VealMadeEasy's #VLT, king of sandwiches. Run, don't walk, to your kitchen to whip one up. #EatBetterEatVeal https://vealmadeeasy.com/recipes/vlt-sandwich/</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2014/10/vlt_sandwich.jpg</p>
	Twitter	<p>There is no such thing as a #SadDeskLunch when #veal is involved. @VealMadeEasy's #VLT sandwich – packed with thin and crispy #veal cutlets, peppery arugula, juicy tomatoes, and a spicy red pepper ketchup – will be the envy of the office. #EatBetterEatVeal https://vealmadeeasy.com/recipes/vlt-sandwich/</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2014/10/vlt_sandwich.jpg</p>
	Instagram	<p>Have you got the #SadDeskLunch blues? Lucky for you, @VealMadeEasy has the cure. Our #VLT sandwich features thin and #crispy #veal cutlets, herbaceous arugula, juicy tomatoes, and a kickin' red pepper ketchup that's sure to put a pep in your step as we head into the weekend. #TGIF! #EatBetterEatVeal https://vealmadeeasy.com/recipes/vlt-sandwich/ #officelunch #deskLunch #sandwich #sandwichrecipes #lunchrecipes #recipe #instafood</p>	<p>https://vealmadeeasy.com/wp-content/uploads/2014/10/vlt_sandwich.jpg</p>