

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Keep learning</p> <p>31</p>					<p>New Year's Day</p>  <p>Define your goals</p> <p>1</p>	 <p>Get educated</p> <p>2</p>
 <p>Make a plant-based shopping list</p> <p>3</p>	<p>Stock up on affordable staples like beans, canned tomatoes and frozen veg</p> <p>4</p>	<p>Use non-dairy milk in your coffee (oat is great!)</p> <p>5</p>	 <p>Try a new-to-you fruit or veggie</p> <p>6</p>	<p>Make a vegan version of your fav comfort food</p> <p>7</p>	 <p>Make smoothie packs</p> <p>8</p>	<p>Look after your digestion</p> <p>9</p>
<p>Try a new alternative protein</p> <p>10</p>	<p>Add a vegan protein powder</p> <p>11</p>	 <p>Boost your B12</p> <p>12</p>	 <p>Pump some iron</p> <p>13</p>	<p>Read the label</p> <p>14</p>	 <p>Share your progress</p> <p>15</p>	<p>Pack emergency snacks</p> <p>16</p>
 <p>Try DIY</p> <p>17</p>	<p>Martin Luther King, Jr. Day (US)</p> <p>Optimize omega-3s</p> <p>18</p>	 <p>Snack on nuts</p> <p>19</p>	<p>Make a vegan dessert</p> <p>20</p>	<p>Quebec Flag Day</p> <p>Try this recipe: Tahini Freezer Fudge</p> <p>21</p>	 <p>Eat avocado</p> <p>22</p>	 <p>Add umami flavours to dinner</p> <p>23</p>
<p>Make healthy swaps</p> <p>24</p>	 <p>Eat popcorn (yes, really!)</p> <p>25</p>	<p>Try this recipe: Tortilla Soup with Spelt Orzo</p> <p>26</p>	<p>Get plant-based takeout for dinner</p> <p>27</p>	<p>Build your skills</p> <p>28</p>	 <p>Tell others</p> <p>29</p>	 <p>Help your community</p> <p>30</p>