



SPECIAL EDITION: SIMPLY NATIVE

YOUR GUIDE TO FROLIC & FEAST IN 2010



THINK GOOD THOUGHTS,
EAT GOOD FOOD,
LOVE WHAT YOU DO,
DO IT A LOT.



THIS BOOK BELONGS
TO

ALISO VIEJO

26705 Aliso Creek Rd.
949-831-1926

LOS ANGELES

1110 1/2 Gayley Ave.
310-209-1055

COSTA MESA

2937 Bristol St.
714-751-2151

PALM DESERT

73-890 El Paseo Ave.
760-836-9396

TUSTIN

2453 Park Ave.
714-259-0400

PALM SPRINGS

1775 E. Palm Canyon Dr.
760-416-0070

NATIVEFOODS.COM



FRONT AND BACK COVERS AND INSIDE
COVERS

DEAR NATIVES,

HAPPY NEW YEAR AND WELCOME TO "SIMPLY NATIVE 2010 SPECIAL EDITION!"

I have been planning for years to do this with you and decided 2010 was the year to do it. We'll set up good habits in January to last the whole year. I'm doing it with you too so... let's frolic and feast together!

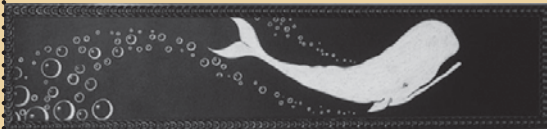
1. Make resolutions, no more than three, and handwrite (page 3).
2. Stay in touch with your friends and loved ones. Important for good heart health! (page 5).
3. Your Simply Native 2010 Special Edition gives you lots of extra perks so watch your calendar closely (page 24).

Please turn to page 3 and let's go!

Eat Peace!
Chef Tanya

1

CHEF TANYA'S LOVE



Native Foods was founded 15 years ago by famous vegan chef, Tanya Petrovna. Author of two cookbooks (and working on a third!), Chef Tanya has been featured on the Food Network, in many publications and has made many TV and radio appearances. Native Foods is her vision where she works full-time as Executive Chef.

Her roots are firmly grounded in the gourmet world. Tanya was raised in a gourmet household and helped her father at catering events as a teenager. In her family, mealtime was a celebration of taste, texture and companionship. Family vacations were global explorations of food and culture—visiting relatives in far off lands and discovering ethnic flavors and traditions.

(Cont. on pg 56)

2

SIMPLY MY RESOLUTIONS

1 _____

2 _____

3 _____

3



A FRIEND A WEEK KEEPS YOUR ATTITUDE TWEEKED

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

STARTERS & SIDES

PONCHO'S QUESAVILLA

Loaded with grilled vegetables, caramelized onions and melted (non-soy) cheeses. A Native version of a quesadilla. Truly revolutionary. 6.95

CHILI CHEESE FRIES

Native fries smothered in our homemade chili. Topped with Native Cheese and diced red onions. 5.95

NATIVE SEASONED FRIES

Thinly-cut potatoes cooked in pure vegetable oil and dusted with a fun blend of garlic and spices. 2.95

MINI-GREENS SALAD

Salad greens, beets, carrots, sprouts, sunflower seeds, croutons and balsamic vinaigrette. 4.95

DAILY SOUP

Made by Chef Tanya and never from a can! Fresh every day, the only way! Cup 2.95/Bowl 4.95

NATIVE CHICKEN WINGS

Our crispy battered Native Chicken wings. Ranch dressing on the side. 6.95

NATIVE NACHOS

Freshly made tortilla chips covered in black beans, Native Taco Meat, Native Cheese, salsa, and guacamole. Topped with corn, green onions, and cilantro. 7.95

CRISPY SWEET POTATO FRIES

Simply sprinkled with seasoned sea salt just right. 3.95

NATIVE CHILI

A custom blend of white beans and Native chili meat simmered with tomatoes and special spices. Topped with Native Cheese and diced red onions. Served with a hunk of freshly-made cornbread. Cup 3.95/Bowl 5.95

| YOGIC | CARDIO |
|-----------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> ENSALADA AZTECA | <input type="checkbox"/> SOY AMIGO TACO SALAD WITH AVOCADO |
| <input type="checkbox"/> GANDHI BOWL | <input type="checkbox"/> GREEK GYRO |
| <input type="checkbox"/> MAD COWBOY | <input type="checkbox"/> ROCKIN' MOROCCAN |
| <input type="checkbox"/> HOLLYWOOD BOWL | <input type="checkbox"/> MAD COWBOY WITH NATIVE CHICKEN |
| <input type="checkbox"/> MARGHERITA PIZZA WITH KALE | |

ENTREE SALADS

NATIVE CHINESE CHICKEN SALAD

Local romaine and crunchy cabbage tossed with citrus ginger vinaigrette, jasmine rice and corn. Topped with roasted sesame seeds, green onions and cilantro. Your choice of Native Chicken or Seitan 9.95

SOY AMIGO TACO SALAD

A blend of romaine, cabbage, Native Taco Meat, and salsa fresca. Topped with corn, green onion, cilantro, tortilla chip croutons. Served with our original creamy chipotle dressing on the side. 8.95

Soy good with avocado 1.00

ENSALADA AZTECA

Fresh avocado, cucumber and jicama salsa atop organic quinoa, romaine and Chef Tanya's award winning mango lime vinaigrette. Topped with currants, toasted pumpkin seeds and cilantro. 9.95

OC RAW CHOPPER

Freshly chopped mixed veggies, seasonal greens, pomodoro, avocado, almonds, angel hair beets and sprouts. Served with manna bread and lemon garlic oil dressing on the side. 9.95

Proteinize with red or black beans 1.00

| MEDITATION | STRENGTH |
|------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> ENSALADA AZTECA | <input type="checkbox"/> OKLAHOMA BACON CHEESE-BURGER |
| <input type="checkbox"/> GANDHI BOWL | <input type="checkbox"/> PORTABELLO SAUSAGE BURGER |
| <input type="checkbox"/> MAD COWBOY | <input type="checkbox"/> TJ TACOS |
| <input type="checkbox"/> HOLLYWOOD BOWL | <input type="checkbox"/> BOWL OF CHILI WITH CORNBREAD |

EARTH BOWLS

Our full-flavored, hearty variety of vegetables, greens, grains, sauces and Native (M)Eats in one big bowl.

GANDHI BOWL

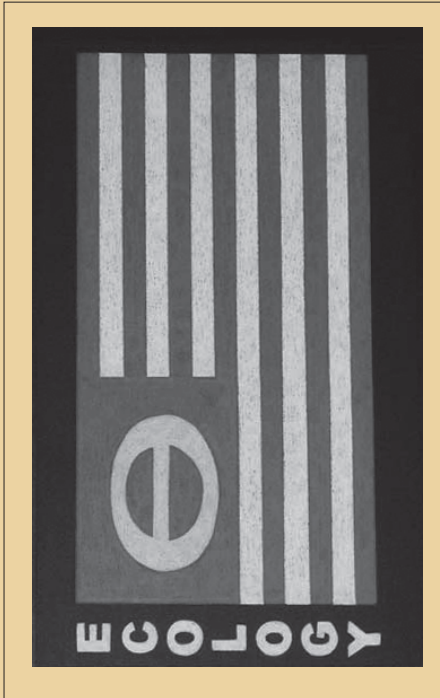
Chef Tanya's Tempeh, blackened on a bed of jasmine and brown rice. Topped with organic greens, steamed veggies, wild curry sauce, cranberries and green onions. 8.95

MAD COWBOY

Seasoned grilled vegetables atop a baked potato with ranch dressing, sprinkled with country corn and green onions. Your choice of BBQ Tempeh or Native Chicken. 9.95

ROCKIN' MOROCCAN

Our grilled, savory Native Chicken with spicy ginger Moroccan marinade, grilled veggies and quinoa. Topped with currants and tasty toasted almonds. 9.95



EARTH BOWLS CONTINUED

SOUL BOWL

Southern fried Native Chicken with hearty red beans and “jazzman” rice, steamed veggies, organic greens, dressed with ranch and BBQ sauce and served with freshly-made cornbread. 9.95

HOLLYWOOD BOWL

Ginger-marinated seared tofu spears over organic brown rice, steamed veggies, and organic greens with our tangy freshly roasted peanut sauce. 8.95

GREEK GYRO

Our thinly sliced peppered Seitan sautéed with shallots on organic quinoa, steamed vegetables, organic greens, lemon garlic sauce and hummus. Served with grilled flatbread. 9.95

CHEF TANYA'S SEASONAL SPECIALS

Inspired by my travels, guests, friends and general cravings! Please enjoy,
- Chef Tanya

PERSONAL(ITY) PIZZAS

On our fabulous organic wheat crust...

NATIVE MARGHERITA PIZZA

Mama's homemade marinara recipe, sliced tomatoes, pumpkin seed pesto, and melted mozzarella. 7.95

VERY VOLUPTUOUS VEGGIE PIZZA

Creamy pesto, grilled veggies, steamed greens, and roasted pumpkin seeds with a balsamic drizzle. 7.95

Add Tanya's Blackened Tempeh 1.50



OKLAHOMA BACON CHEESEBURGER

Our thinly sliced original Seitan, melted cheddar, caramelized onions, crispy tempeh bacon on a bun slathered with BBQ sauce and ranch dressing, lettuce, carrots, onions, and tomato and topped with crunchy battered dill pickle chips. 9.95

BL TEASE

Creamy avocado slices, tempeh bacon, lettuce, tomato, carrots, onions, and mayo on sprouted organic whole wheat toast. The standard sandwich recreated by Chef Tanya and loved by Natives for over 10 years. 7.95

HANDHOLDS

Our burger buns are organic, whole grain and made fresh daily!

PORTOBELLO AND SAUSAGE BURGER

Juicy grilled portobellos, our homemade Seitan sausage, pomodoro, caramelized onions, sweet roasted garlic, creamy pumpkin seed pesto and mayo. 9.95

VEGGIE-MIGHTY-VITA BURGER

Our famous Tempeh patty topped with our secret sauce, pickle, onions, carrots, beets and sprouts. 100% angus friendly! 8.95

Add avocado or caramelized onions 1.00

TWISTER WRAP

Organic greens, fresh avocado and cucumber salsa, creamy chipotle sauce and your choice of crispy or grilled Native Chicken. 9.95

16

BAJA SURF TACOS

Our sea-friendly "fish taco." Two soft grilled corn tortillas stuffed with Tanya's crispy battered Tempeh, homemade surfer sauce, salsa fresca, shredded cabbage and guacamole. 7.95

CHICKEN RUN RANCH BURGER

Crispy battered Native Chicken, ranch dressing, lettuce, carrots, and onions. What everyone would eat if chickens ran the ranch! 9.95

SCORPION BURGER

Chef Tanya's original burger! Homemade Tempeh blackened with chipotle sauce, lettuce, carrots, avocado and onions. 8.95
Add caramelized onions 1.00

TIJUANA TACOS

Two soft grilled corn tortillas filled with Native Taco Meat, Native Cheese, salsa fresca, lettuce and guacamole. How the saying 'Cravin' Native' started. 7.95

17

NATIVE DRINKS

Each Native beverage is freshly made each day from Chef Tanya's original recipes. Free refills! 2.50

LAVENDER LEMONADE

French lavender steeped with fresh lemons. Sweetened with organic sugar.

WATERMELON FRESCA

Fresh watermelon, a touch of mint. Sweetened with agave.

NATIVE ICE TEA

Organic hibiscus and wild berry tea. Sweetened with agave.

SEASONAL SELECTIONS

Latest creations from Chef Tanya! Inquire!

18

BEER AND WINE

Organic, natural and local selections available at most locations.

CHIMAY

Deep amber with a full-bodied flavor. 7.25

STONE PALE ALE

San Diego's twist on the classic British ale. 4.50

BOONT AMBER ALE

Medium-bodied ale with rich flavor. 4.50

ALLAGASH WHITE

Light and smooth. Great anytime! 5.25

GREEN TRUCK SAUVIGNON BLANC

Lemon peel and orange blossom. 5.50/19

PAUL DOLAN CHARDONNAY

Pear, citrus, and vanilla spice. 7.50/23

GREEN TRUCK PETITE SYRAH

Dark cherries and plum. 5.50/19

PAUL DOLAN PINOT NOIR

Wild berries, vanilla and toasted oak. 7.50/23

19

| SIMPLE SWEET TREAT FOR YOURSELF | WHICH WEEK YOU DID IT IN |
|----------------------------------------|--------------------------|
| FOOT MASSAGE | |
| PEANUT BUTTER PARFAIT | |
| LOVE PIE (SHARE WITH FRIEND!) | |
| EXTRA LONG WALK WITH DOGS | |
| DID SOME READING NOT ONLINE | |
| CHEESECAKE (SHARE WITH FRIEND!) | |
| PRACTICED MEDITATION | |
| BOOGIE BAR | |
| FOOT SOAK IN WARM WATER | |
| GOOD LUCK CUPCAKES | |
| DID SOMETHING OUTDOORS (NATURE WORKS!) | |

20

DESSERTS

All desserts are dairy-free, cholesterol-free and refined sugar-free. 2.95

CHEESECAKE

A rich cream cheesy filling, ginger granola crust, sweetened just right with organic sugar. Served with blueberries on the side.

BOOGIE BARS

A banana bread loaded with almonds, oats, coconut, chocolate chips and jungle vanilla. Sweetened with agave and maple syrup. Makes you boogie!

CHOCOLATE LOVE PIE

Thick and lustfully creamy chocolate filling in a delicious spiced almond crust.

GOOD LUCK CUPCAKES

Made in-house using the finest organic ingredients including fair-trade cocoa powder, flour, sugar, and trans-fat free veggie shortening. Flavors include Chocolate, Vanilla and Cardamom Rose.

PEANUT BUTTER PARFAIT

Whipped organic creamy peanut butter filling layered between Boogie Bar crumbles and chocolate chips. Agave sweetened.

21



22



KIDS ARE COOL!

All meals include a kid's drink. For children 10 and under. 4.95

NATIVE CHICKEN NUGGETS

Cup o' nuggets with a scoop of brown rice, dipping veggies and ranch dressing.

BRONTOSAURUS BURRITO

Black beans, shredded cheese, sliced avocado with a fruity garnish.

CHIMPANZEE PIZZA

Organic pizza crust, homemade marinara and melted cheese. Banana slice garnish. Little chimps swing for it.

FREDDIE'S MAC AND CHEESE

Organic quinoa "super" pasta with a cow friendly cheese sauce and broccoli trees. Soy and wheat free.

23

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| JANUARY 2010 | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

☐ = SPECIAL SIMPLY NATIVE DAYS

1 FRIDAY

JANUARY, 2010

| <table border="1"> <tr><th colspan="7">JANUARY 2010</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> | | | | | | | JANUARY 2010 | | | | | | | 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 | | | | | | | <table border="1"> <thead> <tr><th colspan="4">APPOINTMENTS & SCHEDULED EVENTS</th></tr> <tr><th>HRS</th><th>NAME</th><th>PLACE</th><th>SUBJECT</th></tr> </thead> <tbody> <tr><td>7</td><td></td><td></td><td></td></tr> <tr><td>8</td><td></td><td></td><td></td></tr> <tr><td>9</td><td></td><td></td><td></td></tr> <tr><td>10</td><td></td><td></td><td></td></tr> <tr><td>11</td><td></td><td></td><td></td></tr> <tr><td>12</td><td></td><td></td><td></td></tr> </tbody> </table> | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | HRS | NAME | PLACE | SUBJECT | 7 | | | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | |
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2 SATURDAY

JANUARY, 2010

| <table border="1"> <tr><th colspan="7">JANUARY 2010</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> | | | | | | | JANUARY 2010 | | | | | | | 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 | | | | | | | <table border="1"> <thead> <tr><th colspan="4">APPOINTMENTS & SCHEDULED EVENTS</th></tr> <tr><th>HRS</th><th>NAME</th><th>PLACE</th><th>SUBJECT</th></tr> </thead> <tbody> <tr><td>7</td><td></td><td></td><td></td></tr> <tr><td>8</td><td></td><td></td><td></td></tr> <tr><td>9</td><td></td><td></td><td></td></tr> <tr><td>10</td><td></td><td></td><td></td></tr> <tr><td>11</td><td></td><td></td><td></td></tr> <tr><td>12</td><td></td><td></td><td></td></tr> </tbody> </table> | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | HRS | NAME | PLACE | SUBJECT | 7 | | | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | |
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| <table border="1"> <thead> <tr><th colspan="2">TO BE DONE TODAY</th></tr> </thead> <tbody> <tr><td>1</td><td></td></tr> <tr><td>FROLIC:</td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td>FEAST:</td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </tbody> </table> | | | | | | | TO BE DONE TODAY | | 1 | | FROLIC: | | | | | | | | | | | | FEAST: | | | | | | | | | | <table border="1"> <tbody> <tr><td>2</td><td></td></tr> <tr><td>3</td><td></td></tr> <tr><td>4</td><td></td></tr> <tr><td>5</td><td></td></tr> <tr><td>6</td><td></td></tr> <tr><td>7</td><td></td></tr> <tr><td>8</td><td></td></tr> <tr><td>9</td><td></td></tr> <tr><td>10</td><td></td></tr> </tbody> </table> | | | | | | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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3 SUNDAY

JANUARY, 2010

| <table border="1"> <tr><th colspan="7">JANUARY 2010</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> | | | | | | | JANUARY 2010 | | | | | | | 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 | | | | | | | <table border="1"> <thead> <tr><th colspan="4">APPOINTMENTS & SCHEDULED EVENTS</th></tr> <tr><th>HRS</th><th>NAME</th><th>PLACE</th><th>SUBJECT</th></tr> </thead> <tbody> <tr><td>7</td><td></td><td></td><td></td></tr> <tr><td>8</td><td></td><td></td><td></td></tr> <tr><td>9</td><td></td><td></td><td></td></tr> <tr><td>10</td><td></td><td></td><td></td></tr> <tr><td>11</td><td></td><td></td><td></td></tr> <tr><td>12</td><td></td><td></td><td></td></tr> </tbody> </table> | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | HRS | NAME | PLACE | SUBJECT | 7 | | | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | |
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| <table border="1"> <thead> <tr><th colspan="2">PHONE CALLS / TEXT & TELEPATHIC MESSAGES</th></tr> </thead> <tbody> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </tbody> </table> | | | | PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | | | | | | <table border="1"> <thead> <tr><th colspan="2">IDEAS FOR YOUR DAY</th></tr> </thead> <tbody> <tr><td></td><td>FRIENDSHIP</td></tr> <tr><td></td><td>LOVE</td></tr> <tr><td></td><td>PETS / KIDS</td></tr> <tr><td></td><td>VOLUNTEERISM</td></tr> <tr><td></td><td>DO SOMETHING NEW TODAY</td></tr> </tbody> </table> | | | | IDEAS FOR YOUR DAY | | | FRIENDSHIP | | LOVE | | PETS / KIDS | | VOLUNTEERISM | | DO SOMETHING NEW TODAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| IDEAS FOR YOUR DAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | FRIENDSHIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | LOVE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | PETS / KIDS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | VOLUNTEERISM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DO SOMETHING NEW TODAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

4 MONDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| | | | | | | | 5 | | | | |
| FEAST: | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | | |
| | | | | | | | FRIENDSHIP | | | | |
| | | | | | | | LOVE | | | | |
| | | | | | | | PETS / KIDS | | | | |
| | | | | | | | VOLUNTEERISM | | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | | |

5 TUESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| | | | | | | | 5 | | | | |
| FEAST: | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | | |
| | | | | | | | FRIENDSHIP | | | | |
| | | | | | | | LOVE | | | | |
| | | | | | | | PETS / KIDS | | | | |
| | | | | | | | VOLUNTEERISM | | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | | |

6 WEDNESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| | | | | | | | 5 | | | | |
| FEAST: | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | | |
| | | | | | | | FRIENDSHIP | | | | |
| | | | | | | | LOVE | | | | |
| | | | | | | | PETS / KIDS | | | | |
| | | | | | | | VOLUNTEERISM | | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | | |

7 THURSDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| | | | | | | | 5 | | | | |
| FEAST: | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | | |
| | | | | | | | FRIENDSHIP | | | | |
| | | | | | | | LOVE | | | | |
| | | | | | | | PETS / KIDS | | | | |
| | | | | | | | VOLUNTEERISM | | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | | |



FRIDAY
JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|-----------------------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| FEAST: | | | | | | | 5 | 5-6 PM NATIVE MEET-UP | | | |
| | | | | | | | 6 | HALF OFF APPETIZERS | | | |
| | | | | | | | 7 | AND DRINKS! | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |



SATURDAY
JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| FEAST: | | | | | | | 5 | | | | |
| | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |



SUNDAY
JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| FEAST: | | | | | | | 5 | | | | |
| | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |



MONDAY
JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------------------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
| | | | | | | | 3 | | | | |
| | | | | | | | 4 | | | | |
| FEAST: | | | | | | | 5 | | | | |
| | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | DOUBLE POINT DAY | | | |
| | | | | | | | 9 | AT NATIVE FOODS! | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |

12 TUESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------------------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | 1 | 2 | | | | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | 4-6 PM MOM & ME, | | |
| | | | | | | | 5 | KIDS EAT FREE! | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

36

13 WEDNESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | 1 | 2 | | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
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| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
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| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

37

14 THURSDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | 1 | 2 | | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
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| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
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| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

38

15 FRIDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | 1 | 2 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
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| FEAST: | | | | | | | 6 | | | |
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| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

39

20 WEDNESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | 1 | 2 | | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | | | |
| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

21 THURSDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | 1 | 2 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | | | |
| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

22 FRIDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|-----------------------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | 1 | 2 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | | | |
| | | | | | | | 5 | 5-6 PM NATIVE MEET-UP | | |
| FEAST: | | | | | | | 6 | HALF OFF APPETIZERS | | |
| | | | | | | | 7 | AND DRINKS! | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

23 SATURDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | | 1 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | | | |
| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | |
| | | | | FRIENDSHIP | | | | | | |
| | | | | LOVE | | | | | | |
| | | | | PETS / KIDS | | | | | | |
| | | | | VOLUNTEERISM | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | |

24 SUNDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|-----------------------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | 1 | 2 | | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | COOKING CLASS! | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | | | |
| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | |
| | | | | | | | FRIENDSHIP | | | |
| | | | | | | | LOVE | | | |
| | | | | | | | PETS / KIDS | | | |
| | | | | | | | VOLUNTEERISM | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | |

25 MONDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | 1 | 2 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | | | |
| | | | | | | | 5 | | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| DOUBLE POINT DAY AT NATIVE FOODS! | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | |
| | | | | | | | FRIENDSHIP | | | |
| | | | | | | | LOVE | | | |
| | | | | | | | PETS / KIDS | | | |
| | | | | | | | VOLUNTEERISM | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | |

26 TUESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|-----------------------------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | 1 | 2 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
| | | | | | | | 3 | | | |
| | | | | | | | 4 | 4-6 PM MOM & ME, | | |
| | | | | | | | 5 | KIDS EAT FREE! | | |
| FEAST: | | | | | | | 6 | | | |
| | | | | | | | 7 | | | |
| | | | | | | | 8 | | | |
| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | |
| | | | | | | | FRIENDSHIP | | | |
| | | | | | | | LOVE | | | |
| | | | | | | | PETS / KIDS | | | |
| | | | | | | | VOLUNTEERISM | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | |

27 WEDNESDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | |
|------------------------------------------|----|----|----|----|----|----|---------------------------------|------|-------|---------|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT |
| | | | | | 1 | 2 | 7 | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | |
| 31 | | | | | | | 12 | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | |
| FROLIC: | | | | | | | 2 | | | |
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| FEAST: | | | | | | | 6 | | | |
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| | | | | | | | 9 | | | |
| | | | | | | | 10 | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | | | | IDEAS FOR YOUR DAY | | | |
| | | | | | | | FRIENDSHIP | | | |
| | | | | | | | LOVE | | | |
| | | | | | | | PETS / KIDS | | | |
| | | | | | | | VOLUNTEERISM | | | |
| | | | | | | | DO SOMETHING NEW TODAY | | | |

28 THURSDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | 1 | 2 | | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
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| FEAST: | | | | | | | 6 | | | | |
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| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |

52

29 FRIDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | | 1 | 2 | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
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| FEAST: | | | | | | | 6 | | | | |
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| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |

53

30 SATURDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
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| FEAST: | | | | | | | 6 | | | | |
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| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |

54

31 SUNDAY

JANUARY, 2010

| JANUARY 2010 | | | | | | | APPOINTMENTS & SCHEDULED EVENTS | | | | |
|------------------------------------------|----|----|----|------------------------|----|----|---------------------------------|------|-------|---------|--|
| S | M | T | W | T | F | S | HRS | NAME | PLACE | SUBJECT | |
| | | | | | | 1 | 7 | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 9 | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 11 | | | | |
| 31 | | | | | | | 12 | | | | |
| TO BE DONE TODAY | | | | | | | 1 | | | | |
| FROLIC: | | | | | | | 2 | | | | |
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| FEAST: | | | | | | | 6 | | | | |
| | | | | | | | 7 | | | | |
| | | | | | | | 8 | | | | |
| | | | | | | | 9 | | | | |
| | | | | | | | 10 | | | | |
| PHONE CALLS / TEXT & TELEPATHIC MESSAGES | | | | IDEAS FOR YOUR DAY | | | | | | | |
| | | | | FRIENDSHIP | | | | | | | |
| | | | | LOVE | | | | | | | |
| | | | | PETS / KIDS | | | | | | | |
| | | | | VOLUNTEERISM | | | | | | | |
| | | | | DO SOMETHING NEW TODAY | | | | | | | |

55

(Cont. from pg 2)

Her idea for a vegan/vegetarian restaurant came to her at a very young age. On one family vacation to a farm, she befriended a dairy cow, and her love of animals grew! So Tanya's quest began: how to maintain a healthy, balanced, nutritious diet using 100% plant-based foods. Well! Much to Tanya's delight, she learned that contrary to the fears and concerns of some of her friends and family, it's not only possible to live a healthy vegetarian lifestyle, it's healthier for the planet as well as it's people.

The result is Native Foods—delicious, healthy, fun food that honors the environment and harms not a single animal in the making. Chef-crafted was Tanya's mantra: Fresh and local foods using organic ingredients whenever possible. Homemade each day. Her vision: share the flavor and love with the world—both vegans and non-vegans alike!

Since her first Palm Springs restaurant opening in 1994, Chef Tanya is still in the kitchen every day creating and serving delicious vegan meals to vegans, vegetarians, omnivores, locavores, anyavores and other taste and health-conscious guests like you!



NATIVE (M) EATS

Juicy and flavorful plant based proteins. Beat the bull to the table, eat first on the food chain!

CHEF TANYA'S TEMPEH-(TEM-PAY)

An artisan food of Indonesian origin, now made by Chef Tanya, consisting of cultured organic soybeans and millet. Rich in protein, iron, antioxidants and other great things. Made from scratch daily.

NATIVE SEITAN-(SAY-TAHN)

Also known as wheat meat. A hand-made process initiated 2,000 years ago from the Near East and modernized in our kitchens. Provides a complete protein with a delicate meaty texture. Made from scratch daily.

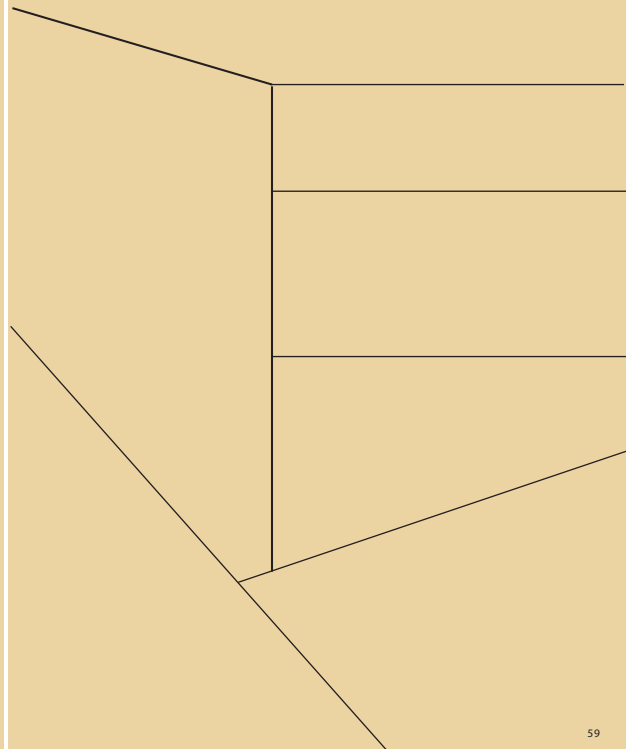
NATIVE CHICKEN

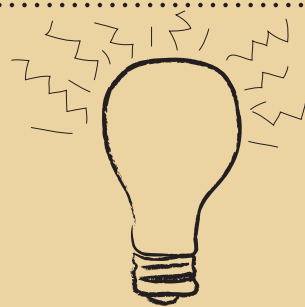
Native Chicken is made from free range soy, wheat and pea protein.

NATIVE TACO MEAT

Protein bits that are extracted from soybean flour, simmered and spiced just right.

NEW FRIENDS





YOUR IDEAS