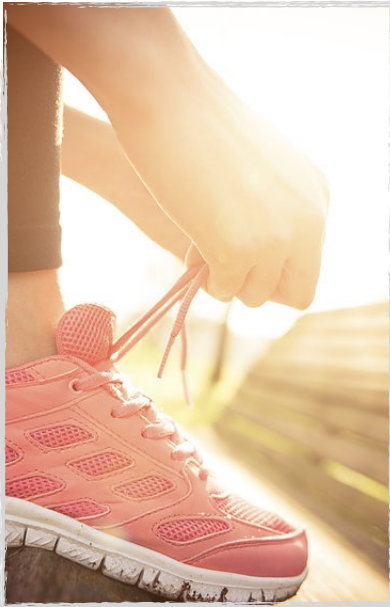


SEPT
22



SALAD FOR BREAKFAST?

YES!

Get your 2-½ cups of veggies & fruits every day. Here's How:

1. **Add Calcium & Protein:** cooked egg, low fat cottage cheese or shredded Parmesan target hunger pains later
2. **Vary Greens:** Your body gets bored of the same thing too!
3. **Healthy Fats:** Avocado, 8-10 mixed nuts - help you conquer cravings
4. **Leftovers:** Grilled Chicken, cold sweet potatoes, & blanched broccoli all add color, texture, & save \$\$
5. **Crunch:** Shredded carrots, red cabbage, & snow peas keep it entertaining