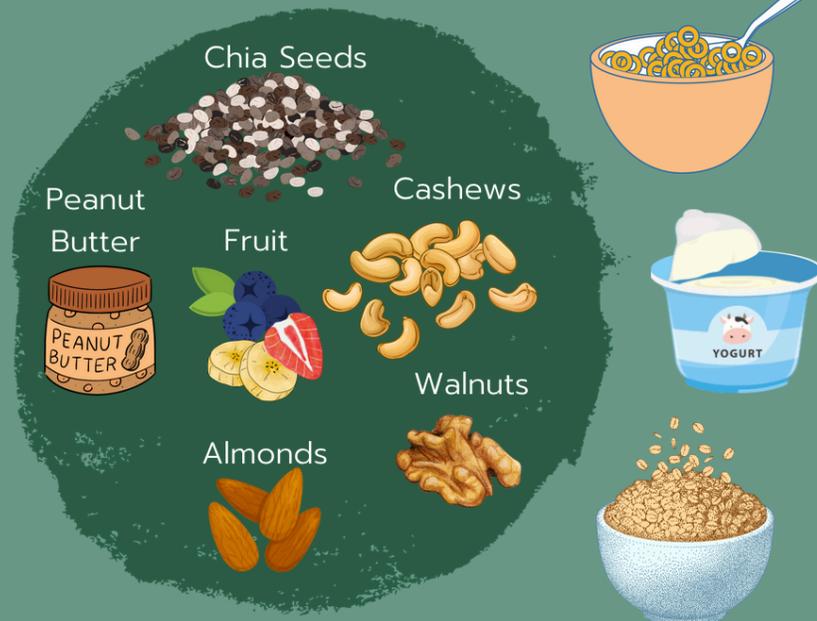




Tips to enhance your plate:

Add toppings to your meals to increase nutrient intake & improve energy throughout the day!

Add tasty toppings or mix-ins rich in energy & nutrients:



Nutrients Added:

Nuts = Energy, vitamin E, magnesium.

Fruits = antioxidants, fiber.

Chia Seeds = Essential fats & fiber.

Avocado = Potassium, fiber, folate, fat soluble vitamins.

Hummus = Protein, fiber.

Cheese = Calcium, protein.

Salmon = Vitamin D, protein, essential fats.

Eggs = Protein, vitamin A, selenium, B vitamins, choline.

Top off your salad, sandwich or bowl:

