

TIP OF THE WEEK



Have a Summery Salad

Salads are a perfect meal for hot summer days. Here are four great reasons to have one today:

- 1) A colorful salad is full of healthy vitamins and minerals.
- 2) Lettuce, veggies, and fruit are a good source of fiber.
- 2) Salads can be a low calorie meal that will still fill you up. Don't forget the healthy fats and protein; these will keep you feeling full longer.
- 4) No cooking required! Just slice up and toss in your ingredients, and it's ready to go.

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