

# RESILIENCY

## Resiliency In The Moment: A Healthy Plate



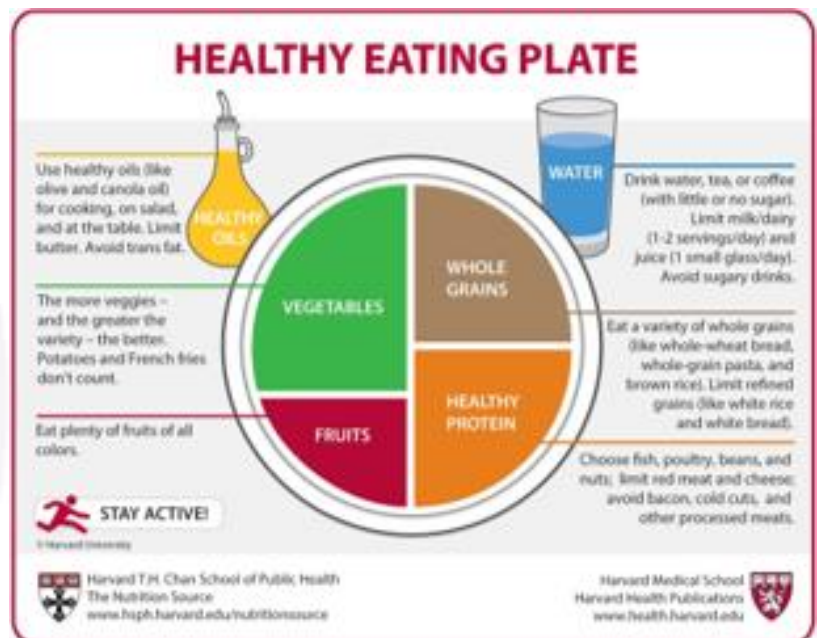
“A healthy outside starts from the inside.”

-Robert Urich

Does your plate look like this on a regular basis?

Give it a try tonight!

Use the image as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Google and print a copy for your refrigerator to serve as a daily reminder!



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