

THINK OUTSIDE THE LUNCHBOX®

June 2020 Newsletter

Summer Edition

Vol. 1



IN THE ISSUE

Plant-based Nutritional Juice:
Sweet Greens Recipe

Seasonal Fruit Recipe:
Strawberry Ice Cream

Benefits of Healthy Fats:
Nuts and Avocados

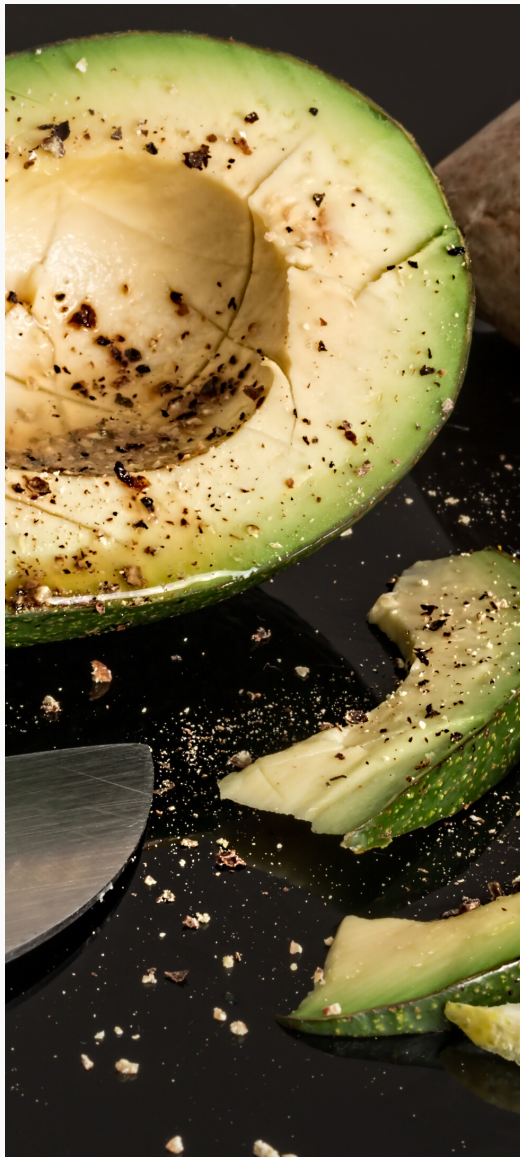
"Dedicated to building a healthy future for America by providing comprehensive wellness programs that work!"

- Shape UP US

BENEFITS OF HEALTHY FATS:

Adding Nuts and Nut butters, avocados, olives and olive spreads, and soft cheeses are healthy fat foods that you can spread on raw vegetables or high-fiber crackers.

Enjoy this options on a whole grain toast or whole grain cracker for a quick snack and a boost of energy so you can get back to enjoy the outdoors!



GUACAMOLE RECIPE

ENJOY THIS MOUTH WATERING GUAC IS CREAMY AND SPICY WITH VEGGIES , CRAKER, OR CHIPS.

By: Carolina Maturana

Ingredients

4 ripe avocados
1/4 c red onions, finely chopped 1/4 c cilantro, finely chopped
1/2 serrano pepper, minced
1 lime, juiced
3/4 tsp pink Himalayan salt

Directions

1. Gather ingredients.
 2. In a medium-size bowl, smash avocados, leaving a couple of chunks if you'd like.
 3. Add onions, cilantro, salt, serrano peppers and combine well.
 4. Add lime juice and mix well.
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SWEET GREEN :

ENJOY A HYDRATING SWEET GREEN JUICE FULFILLING YOUR GREENS!

By: Kiana Varner

Ingredients:

- 1 1/2 Lime
- 2 Green Apples
- 5 c spinachs
- 1/2 medium cucumber

Directions:

1. Gather all fruits and vegetables.
2. Cup ingridients about linch.
3. Place into juicer and strained if needed.
4. Pour into glass and enjoy.



STEAWBERRY SOFT SERVE ICE CREAM

By: Ashley Arpel Greenweld

Bit the heat by adding some tropics into your diet with a sweet and tangy dessert.

Ingredients:

- 3 medium bananas, frozen
- 1/2 strawberries, frozen
- 1 tbsp vainilla extract.

Directions:

1. Gather all ingredients.
2. peel and slide all 3 bananas
3. Place into a glass container for at least 2 hours or over night.
4. Transfer frozen bananas into a blender or food processor.
5. Add frozen strawberries and vainilla extract and process until reach a smooth soft serve consistency is reached.
6. Scoop ice cream into a bowl and serve immediately.

