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BY EUREST REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

March into Wellness this month with energizing habits that support body and mind. Reset your routine with daily movement, time outdoors, hydration, and restorative sleep. For National Nutrition Month, build nourishing meals with seasonal colorful vegetables and fruits, whole grains, and lean proteins. Small, consistent steps create meaningful well-being.

IN SEASON & ON THE MENU

Kale shines in the cooler months, delivering a powerful burst of vitamins A, C, and K plus antioxidants that can help boost eye, heart, and immune health. Its fiber keeps you energized and satisfied. Choose tender leaves for the best taste and enjoy kale raw to retain its vibrant vitamin C content (nearly as high as oranges!)

CHEF TIP

To enjoy kale raw, remove the stems then massage it with an acid like lemon juice and/or salt. This breaks down the fibers making it more tender and less bitter.



**FIND YOUR
NEXT
FAVORITE
RECIPE!**