

2 Meals in 1 Box:

Fresh + Comfort

Use the fresh produce in your box to create a quick, nourishing dinner **AND** a refreshing salad



EASY ONE-POT VEGGIE STIR FRY

A warm, satisfying meal ready in 20 minutes!



- 1 **Heat** oil in a large skillet or pot.
- 2 **Add** sliced red onion and carrots. Cook 5-7 minutes until soft.
- 3 **Add** red pepper (add bok choy or beets if using). Cook 5 minutes.
- 4 **Season** with salt, pepper, and any sauce or spices you like (soy sauce, garlic, ginger, etc.)
- 5 **Serve** as is or over rice, noodles, and/or with your favorite protein.



TIP: Cook half for dinner and save half for tomorrow's lunch!



FRESH CRUNCH SALAD

Crisp, refreshing and perfect to pair with any meal.



- 1 **Start** with romaine or spring mix.
- 2 **Add** sliced cucumber, shredded carrots and apple.
- 3 **Add** red onion if desired.
- 4 **Toss** with your favorite dressing (not too much) and enjoy!

Level Up

Employee Wellness Program

MAKE THE MOST OF YOUR BOX

1



PICK YOUR GREENS

Romaine
or
Spring Mix

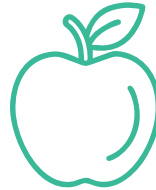
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CHOOSE 4-5 VEGGIES

Mix and match
your favorites!

3



ADD A FRUIT

Apple for a
sweet crunch!

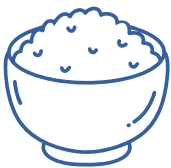
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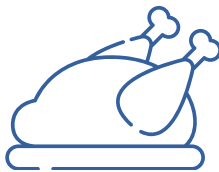
USE YOUR RECIPE ON THE FRONT OF THIS FLYER

Two meals. One
box. Endless
ways to eat and
feel good!

OPTIONAL GROCERY STORE ADDITIONS



Whole grain rice,
noodles or other
grains



Protein
chicken, tofu, eggs,
beans



Sauce or
seasoning
(soy sauce, oil,
spices)



Dressing
or toppings

WELLNESS TIP

- Simple Meals = less stress.
- Prep once, eat twice.
- Nourish your body
- Support your mind

Thank you for
taking care of YOU.
Resiliency Day 2026.
Grow through
what you
go through!

