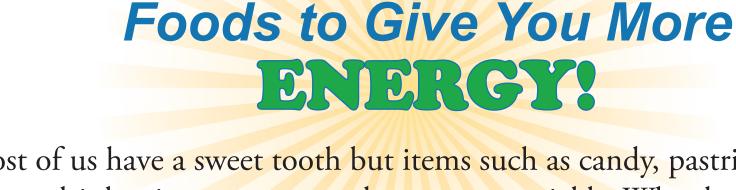
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	3	Mystic V Elder S
R WENU r meal is suggested	6	7	8	9		es MA
• SUPPE	13	14	15			2024
FRESH ential, voluntary	20	21	22			
CITY FI A confidential	27	28	29	30	3	Menu subject to change without notice. Available also at www.mves.org



ABOUT YOUR HOME-DELIVERED MEAL

Every meal provides an average of 700-800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals. Your meal has no salt added and most have less than 1,200 mg of sodium per meal. The exceptions are meals marked as "high sodium meal." Most meals come with bread or a roll, dessert, 8 oz. of milk.

Food safety is important. If you do not eat your meal when it is delivered, please refrigerate it immediately.



Most of us have a sweet tooth but items such as candy, pastries, and sugary drinks give you too much sugar too quickly. What happens is you "crash" and then feel tired and hungry again. What will give you slower, longer lasting energy are complex carbs, healthy fats and protein. See below for some examples.

Complex Carbs: Oatmeal (unsweetened), fruits, vegetables, 100% whole grain bread, whole grain pasta, whole grain cereals





Proteins: Eggs, chicken, beans, nuts (lightly or unsalted), lean meats, fish, Greek yogurt

Healthy Fats: Salmon, nuts, vegetable oils, avocados



Water is very important too. If you are not sufficiently hydrated, you may feel tired.



More energy means a happier you!

Adapted from: Foods That Boost Your Energy (WebMD.com)