

# LFR Nutrition

## Monthly Nutrition Newsletter



1# Salad



2# Protein



3# Healthy Snack Options

### Mediterranean Inspired Recruit Training Lunch

This Mediterranean inspired lunch utilizes simple ingredients and is rich in vegetables, fruits, protein, and healthy unsaturated fats. At the core of this meal is a healthy Greek salad consisting of tomatoes, onions, cucumbers, peppers, unpitted olives, feta cheese, and olive oil/lemon dressing. Studies have shown that high fruit and vegetable diets can decrease the risk of heart disease and diabetes.

1

#### TOMATO SALAD

Sliced tomatoes, chopped basil, mozzarella, and balsamic vinegar

2

#### SEASONED CHICKEN

Boneless chicken thighs, souvlaki seasoning, chili flakes, and ground pepper

3

#### SNACKS

Whole grain tortilla chips, guacamole, Greek yogurt, and Kilimanjaro mix