

WHAT'S COOKIN WITH THE DIETITIAN?

MEAL PREP 4 HIGH-PROTEIN MEALS FOR THE ENTIRE WEEK IN JUST 1 HOUR!



Tuesday, 5/11 at 5:30 pm
OR
Thursday, 5/20 at 5:30 pm

- Breakfast: East Egg Cups
- Lunch: Whole-Grain California Chicken Wraps
- Dinner: Greek Yogurt Shrimp (or Chicken) Alfredo
- Snack: Yogurt & Fruit Parfait



Call or email Bri Higgins to sign up!

(513) 695-1477; bhiggins@wcchd.com

**Warren County
Health District**



Public Health
Prevent. Promote. Protect.