



NUTRITION TIPS



FOODS THAT REDUCE STRESS

Vitamin B: Beef, Chicken, Eggs

Omega-3: Anchovies, Avocados, Salmon

Magnesium: Avocados, Bananas, Broccoli

Protein: Almonds, Quinoa, Turkey breast, Tuna



FOODS THAT INCREASE STRESS

1. Alcohol
2. Caffeine
3. High-sugar foods



MEAL PREP

Are you feeling exhausted from cooking every single night? Why not give meal prepping a shot? Prepare quick and straightforward recipes for both lunch and dinner at the start of the week. Enlist the help of a family member to make it even easier!



SHOP EASY

Save time grocery shopping with curbside pickup and delivery.

