

Navigate *your* Plate



**EACH
WEEK**

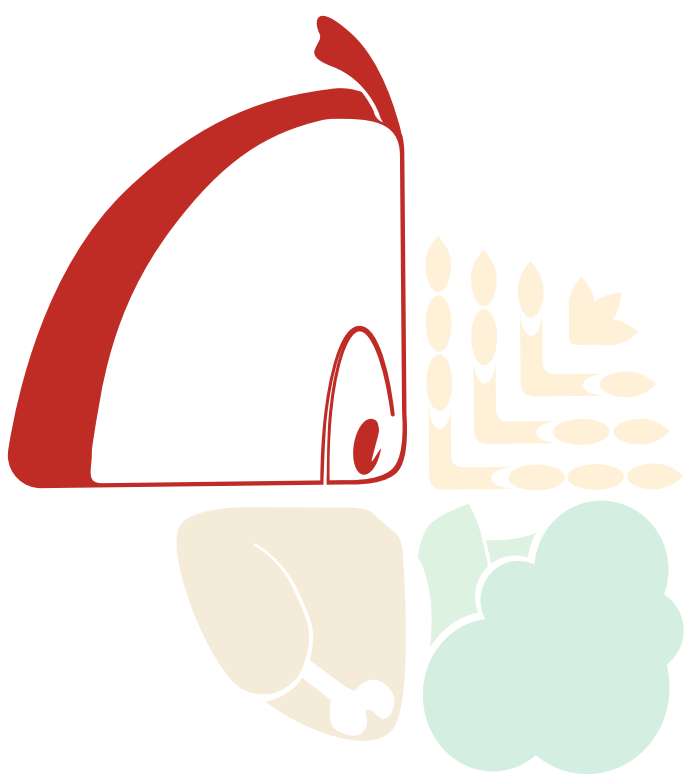
we put together premium ingredients to provide a healthy, affordable meal. Buy all four ingredients and get a dollar off of each item!

PROTEIN



You need protein because “it has its hands in every critical function of the body,” says Leslie Bonci, MPH, RD, director of sports nutrition at the University of Pittsburgh Medical Center.

FRUIT



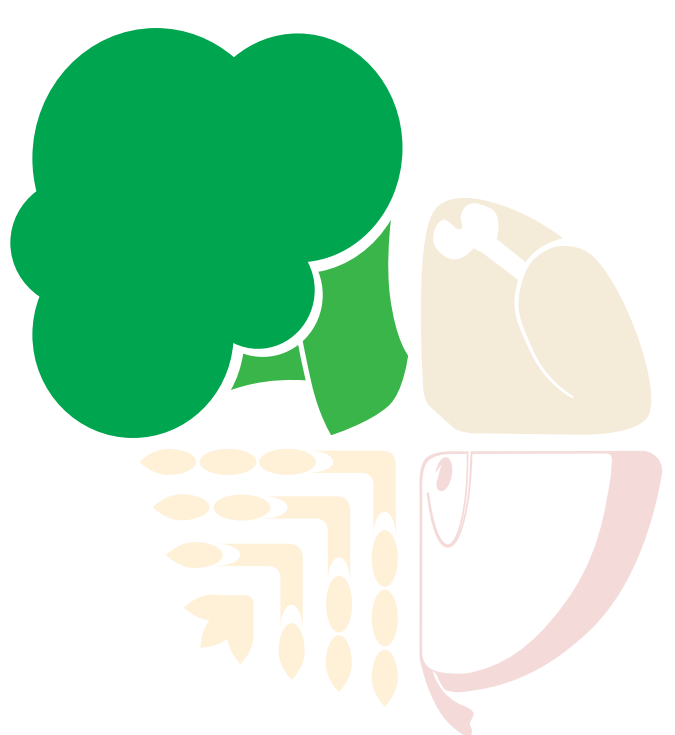
Eating a diet rich in fruit and vegetables can lower the risk of and prevent a number of serious illnesses and health problems, such as cancer, high blood pressure and cardiovascular disease.

GRAIN




Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases.

VEGETABLE



Eating dark green vegetables daily could help to protect the body from developing cancerous cells and from suffering heart disease.

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