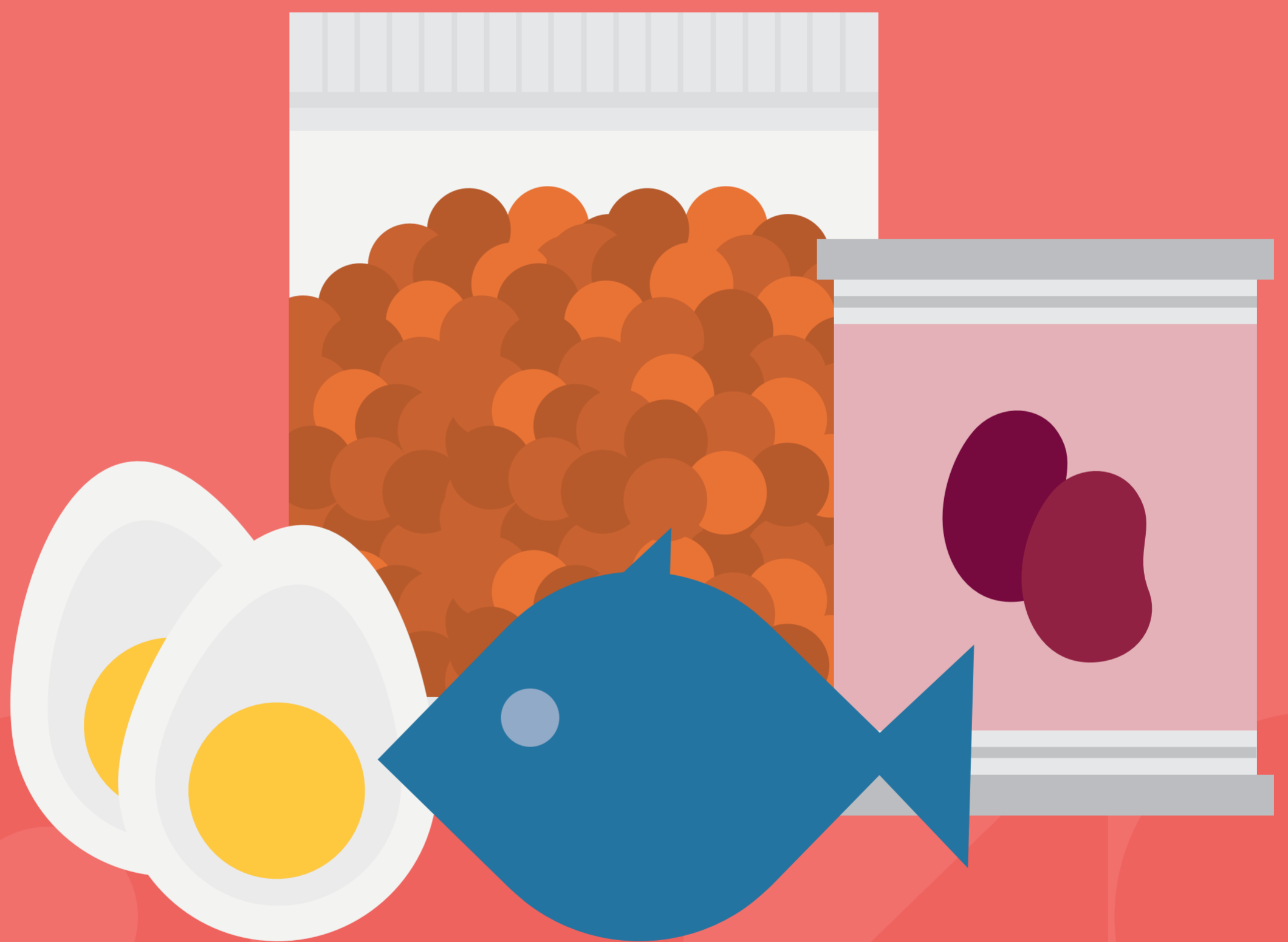


Eat well for you and the planet!

# Vary your Protein



## Be more creative

Eat a wider variety of protein foods and  
choose plant protein sources more often