

Veggie Highlights

Chard Promotes a Healthy heart, iron rich & reduces cancer

Eggplant Nutrient rich, high in antioxidants, reduce heart disease

Tomato Boosts heart health, rich in vitamins and antioxidants

Onion Improves heart health, bones and rich in antioxidants

Raw & Cooked Chard Wraps

Rinse all veggies in baking soda & water
2 oz EVOO

1 cup tomatoes, onions, okra, eggplant, chopped

Swiss chard cleaned

Shred cheese

Coco Aminos

Meat of choice

Raw Recipe

Add chopped veggies, 1tsp coco aminos & sliced meat inside chard, roll and enjoy raw

Cooked Recipe

Add oil to med heat skillet

Saute chopped veggies, add 1tsp coco aminos

Insert into chard wrap, add meat, roll and enjoy+



*Plants
are
Medicine.
Eat To
Live*

