

LIVE HEALTHY! NEWSLETTER

October 2022 | Vol. 2

Holiday Cookbook!

Our Holiday Cookbook will be available soon! Keep an eye out for it as we head into November. Join our Recipe Club to get a sneak peak of the recipes!



Recipe of the Month

Lentil Stew

This recipe is hearty and delicious without using meat! Make this stew that is budget-friendly, healthy, and easy to meal prep.



INCREASE PLANT PROTEINS IN YOUR DIET

Make these easy protein swaps to add more vegetables and plant protein to your diet, helping you to eat healthier and save money!

LENTILS

Soft texture
& mild flavor



Meatloaf:
Swap ground beef for lentils.



Spaghetti Sauce:
Swap ground meat for lentils in a sauce to stretch meals.

BLACK BEANS

Medium texture
& meaty flavor



Tacos: Swap ground meat for black beans to save money.



Burgers: Instead of hamburgers, make burger patties with mashed black beans.

CHICKPEAS

Crunchy texture
& meaty flavor



Chicken Noodle Soup: Swap chicken for chickpeas in soups.



Chicken Curry: Swap chicken for chickpeas or curries or stews.

What is in season?



Squash, eggplant & more!

Get fresh, organic, seasonal produce like these in our Farmshare package!

This month in Recipe Club

Learn how to make:



**Roasted Apples
& Brussel
Sprouts**

Tuesday, Oct. 11
@ 12:30pm!

**Sesame &
Beet Slaw**

Tuesday, Oct. 25
@ 12:30pm!



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NEW
website!**



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Healthy!
member**



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Program**



Contact Us!

Telephone: (917) 982-2564
Manhattan: 8 E 109th St
Bronx: 423 E 138th St 2nd Fl