

# WELLNESS WEDNESDAY

NOVEMBER 10, 2021

Your weekly wellness newsletter featuring food and nutrition facts, easy recipes, and activities to add to your day



## FUN FOOD FACTS

As Thanksgiving approaches, let's talk turkey! Turkey is a protein that is low in fat. One serving of turkey can have up to 30g of protein! Lean proteins like turkey and chicken fit well into heart-healthy meal plan.

**TURKEY TALK**





## TURKEY ENCHILADAS

There are so many ways to use your leftover turkey from Thanksgiving. This recipe for turkey enchiladas is a great way to repurpose extra turkey into a new dish.

**TURKEY**  
**ENCHILADAS**

## PLANT LIFE

Science has proven the benefits of having plants indoors. Aside from making a space look inviting, having plants indoors have been shown to improve air quality, and reduce stress. If your office or home space feels uninspiring, try adding a piece of nature.



**PLANT**  
**POSITIVITY**