OF HEALTHY, SUSTAINABLE MENUS









ABOUT SOURCING AND PREPARATION



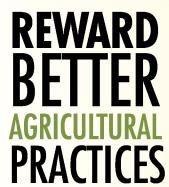














FOCUS ON WHOLE, MINIMALLY PROCESSED FOODS







REDUCE PORTIONS, EMPHASIZING CALORIE QUALITY OVER QUANTITY

DESIGN HEALTH AND SUSTAINABILITY INTO **OPERATIONS** AND DINING

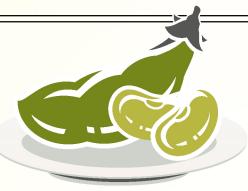


MAKE WHOLE, INTACT **GRAINS** THE NEW NORM

LIMIT POTATOES



MOVE LEGUMES AND NUTS TO THE CENTER OF THE PLATE

















SUBSTANTIALLY REDUCE SUGARY BEVERAGES; INNOVATE REPLACEMENTS

DRINK HEALTHY: FROM WATER, COFFEE, AND TEA TO (WITH CAVEATS) BEVERAGE ALCOHOL



DESIGNED BY J WRIGHT DESIGN

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