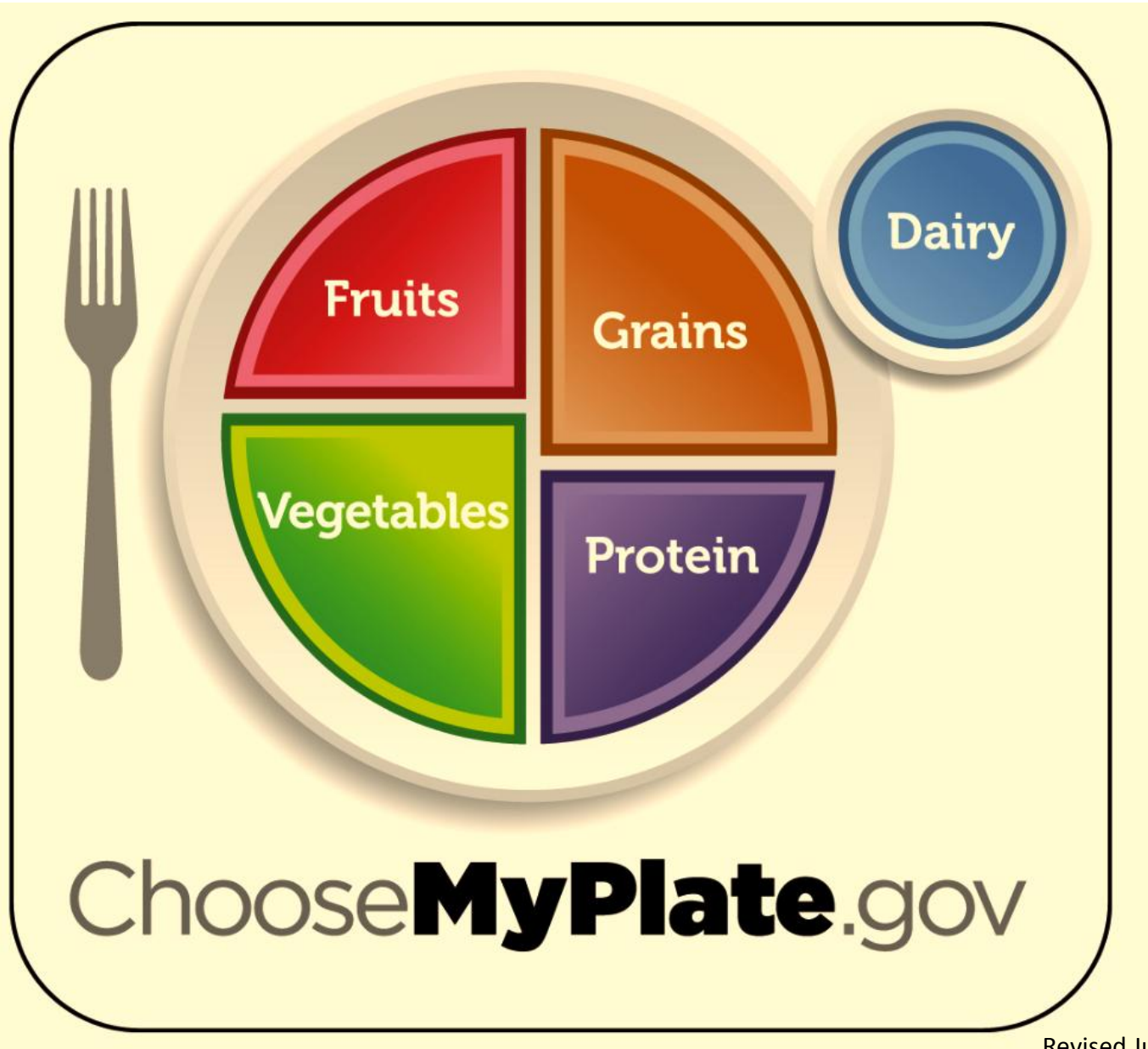




**NURTURE**

[www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)



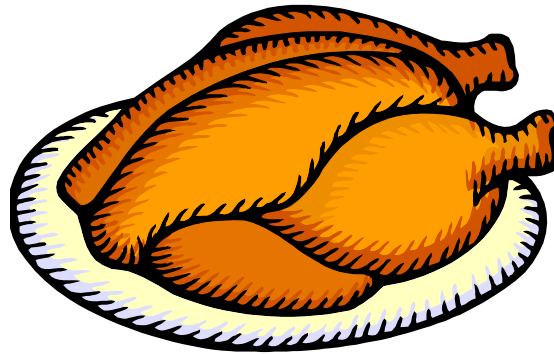
Revised July 2013

# Example Lunch - Stir Fry



Vegetables

+



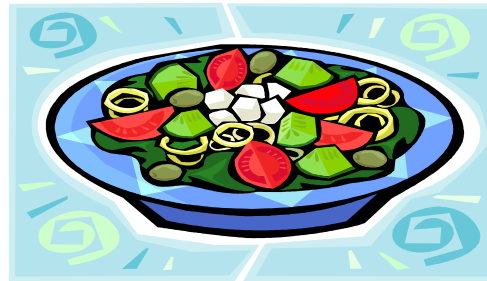
Protein - Chicken

+



Grain - Rice

=



Stir Fry