



CLASSIC MAC
& CHEESE

May your holidays
be merry and bright...
and **HEALTHY** too!

Everybody knows a turkey and some mistletoe help to make the season bright, but you can make it even brighter by choosing easy, nutritious recipes, too!

Add one of these healthy sides to your holiday meal!



CITRUS SALAD



ROASTED
CAULIFLOWER

For these recipes and winter family-activity tips,
jingle all the way over to



ShapeYourFutureOK.com

A Program of
 **TSET**