

NASA-GSFC HEALTHY RECIPE EXCHANGE

"WHOLESOME & EASY: FUEL YOUR

FITNESS WITH SIMPLE RECIPES"

**JOIN US AS WE SHARE OUR FAVORITE
NUTRITIOUS AND EASY-TO-MAKE RECIPES THAT
FIT INTO YOUR BUSY LIFESTYLE. WHETHER YOU'RE
MEAL PREPPING, COOKING FOR ONE, OR FEEDING
A FAMILY, THESE SIMPLE AND WHOLESOME
RECIPES WILL HELP YOU STAY ON TRACK WITH
YOUR HEALTH GOALS!!!**

**IF YOU HAVE A RECIPE YOU WOULD LIKE TO SHARE
PLEASE EMAIL THEM TO ONE OF THE FITNESS STAFF**

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