

“Eat Healthy & Stay Fit”



☞ Eating with the season is healthier/ veggies, fruits and nuts

available during the winter months

- A winter crop, the mustard plant's leaves are highly nutritious. Fresh mustard greens are a source of several vital antioxidants, vitamins, minerals and carotenes. These leaves can be included in your diet.
- Peas, with their sweet taste and starchy texture come loaded with phytonutrients that provide us with anti-inflammatory and antioxidant benefits. Prepare, peas pulav or yummy muttar panner (peas and cottage cheese gravy). Peas can help prevent stomach cancer



Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com