

# NOURISHMENT

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## SIZZLING SUSTAINABLE SUMMER GRILLING

It's grilling season! While grilling is often synonymous with meats, hot dogs, and burgers, switching to a variety of more sustainable and plant-based options is not only good for your health, but for the planet too!

### **SUSTAINABLE PROTEINS**

Incorporate more plants like marinated tofu, tempeh, seitan or mushrooms

Use sustainably caught seafood: Check the Monterey Bay Aquarium Seafood Watch for recommendations

### **GET INSPIRED BY OTHER CUISINES**

Add different flavors by exploring spices, dips and sauces from abroad: tajin, za'atar, berbere, and ssamjang, to name a few.

### **GRILL VEGGIES... AND FRUITS TOO!**

Choose "firm" vegetables like zucchini, eggplant, peppers, asparagus, carrots, and more

Grilled peaches, watermelon, and honeydew make a great addition to fresh summer salads



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