

Keep It Vegan

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THE WEDGE PIZZERIA - getbento.com

capicola, brisket, vegan sausage veggies \$1 red bell pepper, button mushrooms, red onion, tomatoes, kalamata olives, black olives, ... buy one get one free pizza every monday with keep it local card • 4pm - close personal \$9 8 inch pie - 4 slices ny large \$24 18 inch pie - 8 slices gluten free \$12 10 inch pie - 6 slices signature pies

The Anti-Inflammatory Lifestyle - UW Family Medicine

though there are now vegan supplements derived from algae that contain both EPA and DHA. Consider supplementing your diet with a high-quality fish oil. 1 gm of fish oil has about 0.5-1 gm of combined omega3s, so target -4 gms of fish oil daily, or 5t 3 -4 gms to treat inflammatory conditions. • Increase Olive Oil

Healthy Vegetarian Eating - Alberta Health Services

Calcium and vitamin D help keep your bones and teeth healthy. Vegans may have trouble eating enough calcium and vitamin D to meet their needs. Look at the lists of higher calcium foods on page 2. Eat a variety of higher calcium foods from all 4 food groups to meet your needs. Each day you will also need to eat foods high in vitamin D such as: eggs

Manchester Hospitals (MFT) Anaemia Guide Version 4 Aug ...

• Inadequate dietary intake of B12 eg: vegan diet • Intestinal • causes – oMalabsorption B12 >197ng/L B12 ?197ng/L –Ileal resection –Crohn's disease • Medicines – eg: colchicine, anticonvulsants, long term PPIs and H2 metformin, anticonvulsants BUT

strong clinical suspicion (e.g.: macrocytic anaemia/ neuropsychiatric symptoms/

lunch & dinner - Amtrak

Hippeas Vegan Nacho Puffs 3.00 Gardetto's Snack Mix 4.50 Haribo Gummy Bears 2.50 BEVERAGES NON-ALCOHOLIC Body Armor fruit punch or lyte mango 3.00 Orange or Apple Juice 3.00 Iced Tea 3.00 Coffee regular or decaf 2.75 Starbucks Teavana Hot Tea 2.75 Hot Chocolate 2.75 Coke, Diet Coke or Coke Zero 2.50 Sprite, Ginger Ale 2.50 Bottled Water 2.25

BRUCH - spccs1.co.uk

KEEP IT SIMPLE BURGER (VG) Choose either a no-beef soya burger 243 kcal or a Quorn™ buttermilk-style fillet burger 188 kcal, topped with iceberg lettuce, chopped onion, gherkin, ketchup and vegan mayo in a toasted bun with skinny fries and BBQ sauce. 827 kcal excl. burger choice SMASHED AVO CRUMPETS (V) Two crumpets stacked with poached

City of New Orleans Dining Menu - Amtrak

White Cheddar | Hippeas Vegan Nacho Puffs Dinner Entrées are served with a complimentary alcoholic beverage. CURRY POT ROAST Tender Beef | Aromatic Curry Sauce With Dried Apricots | ... Keep your receipt for all returns, refunds and exchanges. Scan to enter the Amtrak Food and Beverage website for access to Food Facts, menus, and more. ...

LEARN THE indset - Beachbody on Demand

WATER FIRST • Water helps keep you full so you can make better food choices throughout the day. • You should drink half your weight in ounces at a minimum each day. Your weight in lbs. _____ ÷ 2 = _____ daily minimum goal in fluid ounces.* • Try to drink 16 fl. oz./480 mL before each meal. (Even before your morning