

# Sound Bites

*Solid nutritional tidbits and teasers,  
words of encouragement, & gentle reminders*



*Morning By Morning, Inc.*

Nutrition & Healthy Lifestyle  
Counseling, Coaching, Nutritional Therapy

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**Our mission is to educate, assure, and encourage people  
on their journey to health and well-being.**

We provide evaluation, education, guidance, and natural tools to assist you on your road to health. We coach, measure progress and results, and provide the information you need to make informed decisions about your total health. We emphasize a daily commitment and the faithfulness of God. We teach biblical principles for all aspects of total health and use natural treatments and therapies to deliver the energy and nutrients that will allow the body to restore health naturally.

**Fill in the blanks. Hint: See below.**

From a sumptuous feast to a quick and playful repast, you can turn any meal into a \_\_\_\_\_. You can make a \_\_\_\_\_ elaborate, casual, or elegant. Cold chests and portable grills make a hot or cold savory meal a breeze. Nothing is better than a \_\_\_\_\_ for breaking out of a mealtime rut. Sunshine, fresh air, and opportunities for exercise or rest make a \_\_\_\_\_ a welcome relief from stress and it often provides just the needed attitude adjustment. A simple meal of fresh salad and grilled salmon in the sunset becomes exquisite and memorable at a \_\_\_\_\_. Finger foods, whether romantic or toddler type, can be therapeutic, and comfort foods abound at a \_\_\_\_\_. Too much company and too little apartment? Have a \_\_\_\_\_. Can't gather everyone together for a sit-down meal anymore? \_\_\_\_\_. Want to enjoy your family and nature and make memories your children will cherish? Have a \_\_\_\_\_. Want to celebrate our freedom? \_\_\_\_\_! Take a break and recharge your energy. Have a nourishing, fun, safe, and restful \_\_\_\_\_.

# PICNIC



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## Romantic Finger Foods

- Pear, grape, and cucumber salad
- Grilled peppers and apples

## Watermelon



- 92% Water
- No fat, no cholesterol
- High fiber, high in Vitamin A, C
- Good source of potassium.

Use the “thump test” (with thumb and middle finger) to choose one that is just right.

*And we have the word of the prophets made more certain, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts.*

*-2 Peter 1:19*

## Apples

### Red Delicious

Has five bumps on blossom end. Sweet, crisp, juicy, low-acid, tasty eaten raw; not for cooking.

### Golden Delicious

Full, round, all purpose, crisp, sweet & juicy.

### Jonathan

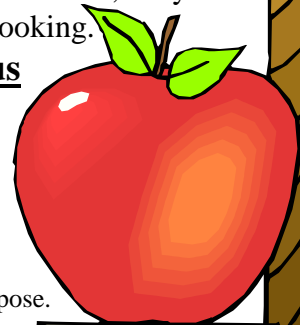
Crisp, juicy, aromatic, moderately tart, all-purpose.

### Winesap

Solid, deep red, tastes winey and tart.

### Rome Beauty

Mild flavor, better for cooking.



## Simple & Good Ideas

### Corn on the cob

Try it raw. Really!

### New Potatoes

Parboil in skins & skewer for grill



**Clip and retain for future needs:**

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