

# WHEAT FIELD MINISTRY, INC.

## “HOLIDAY HEALTHY EATING”

NOV'23

NEWSLETTER

WELCOME TO THE INAUGURAL NEWSLETTER FROM WHEAT FIELD MINISTRY, INC. (WFM)! WE ARE THRILLED TO HAVE YOU HERE AS WE EMBARK ON THIS JOURNEY OF SHARING VALUABLE INFORMATION WITH YOU. WITH THE HOLIDAY SEASON JUST AROUND THE CORNER, WE BELIEVE IT'S THE PERFECT TIME TO OFFER YOU SOME HANDY TIPS FOR MAINTAINING A HEALTHY DIET.

ADDITIONALLY, WE'RE EXCITED TO INTRODUCE YOU TO A DELICIOUS, LOW-CALORIE SIDE DISH THAT'S NOT ONLY EASY TO PREPARE BUT ALSO INCREDIBLY TASTY.

BUT THAT'S NOT ALL! STAY TUNED FOR UPCOMING ANNOUNCEMENTS ABOUT PHYSICIAN-LED WORKSHOPS, ENGAGING EXERCISE ACTIVITIES, CAPTIVATING CHEF-LED COOKING EXHIBITIONS, AND A HOST OF OTHER EXCITING EVENTS. WE CAN'T WAIT TO KEEP YOU INFORMED AND ENGAGED ON ALL THE WONDERFUL THINGS HAPPENING AT WFM.

## CLASSIC PASTA SALAD

### INGREDIENTS

- BOX TRI-COLOR ROTINI PASTA
- 1 (24OZ) BOTTLE OLIVE GARDEN ITALIAN SALAD DRESSING
- 1 MEDIUM GREEN BELL PEPPER (CHOPPED)
- 1 MEDIUM RED BELL PEPPER (CHOPPED)
- 1 MEDIUM YELLOW BELL PEPPER (CHOPPED)
- 1 (6OZ) CAN OF PITTED BLACK OLIVES (CHOPPED)
- 1 LARGE CUCUMBER (PEELED AND CHOPPED)
- 1 CONTAINER OF CHERRY TOMATOES (CHOPPED)

### PREPARATION

- PREPARE ROTINI PASTA AS DIRECTED ON THE PACKAGE.
- RINSE AND COOL.
- COMBINE ALL INGREDIENTS AND PLACE IN REFRIGERATOR FOR 2-4 HOURS.
- REMOVE FROM REFRIGERATOR AND ENJOY!!



## HEALTHY EATING TIPS

1. Eat close to your usual times to keep your blood sugar steady.
2. Start with vegetables to take the edge off your appetite.
3. Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
4. Get moving with friends and family, such as taking a walk after a holiday meal.
5. If you slip up, get right back to healthy eating with your next meal.



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