OUR FUTURE FACES
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A collaborative Jefferson art project from Jeff Stevens, EVP & CHRO, Sunny Chanthavong, Project Coordinator & TJU Photography Services
Buy 5 ingredients for 5 meals

1. Choose broccoli, black beans, and zucchini for a variety of meat alternatives.
2. Add lentils, peas, and beans to increase protein content.
3. Use edamame, tofu, and tempeh for a balanced protein intake.
4. Include beans, lentils, and quinoa to provide fiber and nutrients.
5. Use tofu, tempeh, and lentils to reduce cholesterol levels.

How do you make sure meals are as tasty as your imagination has?
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