

Let's get cooking!



Your Health Advocate services include access to an online library of nutritious recipes and meal plans.

Find recipes for every meal!



Step up your morning meal game with bold **breakfasts** and brunch



Easy, make ahead **lunches**—so tasty you'll enjoy eating them all week!



Quick and easy to prepare **dinner recipes**

Jump-start your nutrition knowledge with meal plans and recipes based on your health goals, lifestyle and diet

- Eating for a healthy heart
- Preventing/managing diabetes
- Eating more veggies
- Vegetarian and vegan
- High calcium
- Weight loss
- Clean eating
- Gluten-free
- Low sodium
- Kosher

Find your next delicious recipe today!

1. Visit HealthAdvocate.com/members
2. Log in or register
3. From the “I would like to” menu, select “**Search for Recipes**”



All of our recipes are accessible from our **mobile app** to help make grocery shopping a breeze!



866.799.2691

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/CMU

HealthAdvocateSM