THE FLEURISH LETTER

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Holiday Meals

Archive edition. Lightly revised from the original issue to meet current content standards.



Let's be honest, food is comfort and love in many homes. There's really no need to have stress or having anxiety about Thanksgiving dinner. The best advice is always to PLAN AHEAD. Remember to eat protein rich meals, such as turkey, chicken, prime rib, and seafood. Keeping an eye on carbohydrate portions is another simple way to plan ahead. Best Advice: Try everything without indulging in anything.

Online Registration

Please feel free to share our link!

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