

## A MEAL WITH DIGNITY SANDWICH RECIPE

½ Organic avocado

1 brioche hamburger bun (or Challah bun, or any soft fresh-baked bun)

1-2 slice organic cheese (Monterey jack, swiss, or mozzarella)

3 organic cherry tomatoes, sliced (or sliced summer tomatoes)

2 leaves of organic butter lettuce

½ teaspoon chopped organic chives

¼ teaspoon organic mint

½ teaspoon of chopped organic Italian parsley

½ teaspoon of fresh squeezed organic lemon juice (brush on avocado)

1 teaspoon extra virgin olive oil (produced in USA)



### **½ Organic Avocado**

**Nutrition: 50g water, 130 calories, 1g of protein, 6g fiber, 12g plant fat**

Avocados are a superfruit- they have a lot of vitamins C, E, K, and B-6, as well as riboflavin, niacin, [folate](#), pantothenic acid, [magnesium](#), and [potassium](#), with lutein and zeaxanthin, [beta-carotene](#), and [omega-3](#) fatty acids, important for eye health, as they may help to reduce the risk of developing age-related [macular degeneration](#).

Avocados contain 25 milligrams per ounce of beta-sitosterol which has been seen to help [maintain healthy cholesterol levels](#). Half an avocado provides approximately 25 percent of the daily recommended intake of vitamin K, important for bone health. Half an avocado has approximately 6-7 grams of fiber. When you eat foods with natural fiber, you help prevent constipation, lower your risk of colon cancer, and keep up good intestinal health, important for removing toxins from your body.



### **Brioche Bun**

**Ingredients: Flour, eggs, butter, milk, water, leavening (yeast or sourdough), salt**

**Nutrition: 277 calories, 7g fat, 8g dairy protein, 1g fiber**

The brioche bun provides dairy protein with approximately 8g of protein per bun. Proteins are important because they provide amino acids used to maintain the muscles of your body and make other useful materials your body needs, such as hemoglobin to carry oxygen throughout your blood, and albumen, essential to your body's fluid balance. Because of their carbohydrate content, they can be a good source of energy to those doing a lot of physical activity throughout their day. Brioche buns have some fiber which promotes intestinal health.



### **Organic White Cheese**

**Nutrition (2 slices Monterey Jack): 100 calories, 7g protein, 20% recommended daily calcium**

Cheese provides a high amount of protein and is an excellent source of calcium which is important for bone and heart health. Cheese has high amounts of vitamins A, B-12 and zinc, phosphorus, and riboflavin.



### **Cherry Tomatoes**

**Nutrition: 10 calories**

Tomatoes are important sources of lycopene, which have been linked to reduced risk of heart disease and cancer. They add moisture to the sandwich and are hydrating to the body.



**Butter Lettuce (2 cups, use less for sandwich)**

**Nutrition: 10 calories, 1g fiber, 1g protein, 70% of recommended daily vitamin A**

Butter lettuce is a great source of vitamin A. Vitamin A is important for growth and development, for eye and vision health, and for maintaining your immune system to fight diseases. They provide some fiber to support intestinal health.



### **Chives, Parsley, and Mint**

**Nutrition: 1-3 calories**

Chives and other alliums could help prevent cancer, based on several studies. They have a lot of Vitamin K which is important for bone health. They have choline and folate which promotes memory. Two tablespoons parsley contains 154% recommended daily Vitamin K. Mint is good for promoting fresh breath and may reduce symptoms of indigestion.



### **Lemon Juice**

**Nutrition: 1 calorie**

Lemons contain vitamin C which is an essential vitamin and antioxidant. It is important for immune function and skin health.





**Extra Virgin Olive Oil (Produced in USA)**

**Nutrition (1 teaspoon): 40 calories, 4.5 g plant fat**

Support local farmers and the US economy by buying extra virgin olive oil produced in the USA when possible. Olive oil is produced in California, Arizona, Texas, Georgia, Florida, Oregon and Hawaii.

Olive oil is rich in antioxidants and is made up of approximately 73% oleic acid. Both of these have been shown to reduce inflammation and reduce your risk of chronic disease.