

OCTOBER/NOVEMBER 2019

food & health

FRESHLY

FARM TO TABLE

How to navigate local farmer's markets

U.S. \$9.99



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MEAL PREPS
FOR WEEKNIGHTS

AVO CA DON'T

Stop eating basic toast
for breakfast



FRESH CONTENT

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How to build a
better burrito bowl
p. 20

Easy and quick
meal prep ideas
p. 25



Farmer's market help:

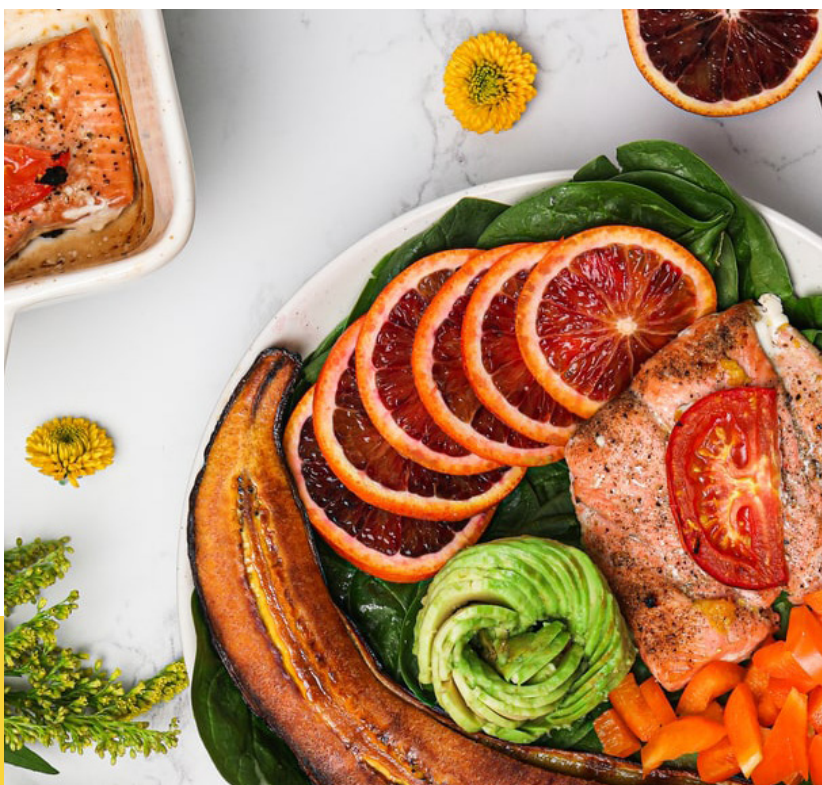
How you can find the best and
freshest near you.

p. 5

Avocado-n't:

Think outside of trendy toast
for breakfast. Hint: fried eggs!

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PLUS:
Fall salad inspiration
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