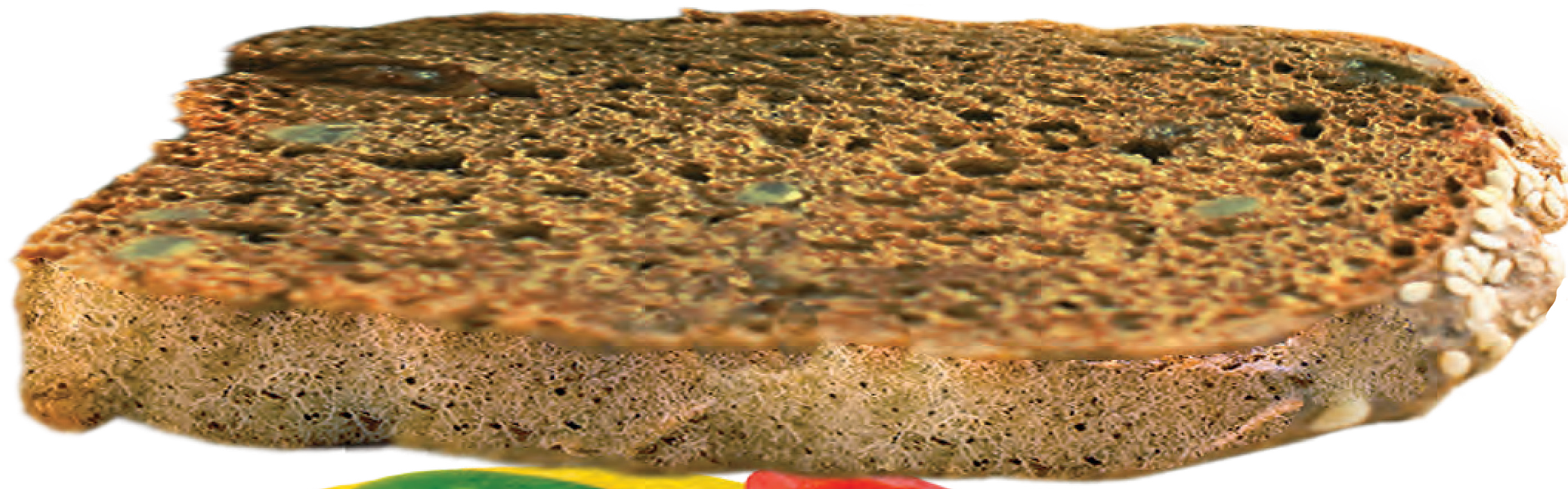


# LAYER WITH FLAVOR

whole-wheat  
bread



bell peppers

red onion



dark leafy  
greens



sliced turkey






avocado  
spread



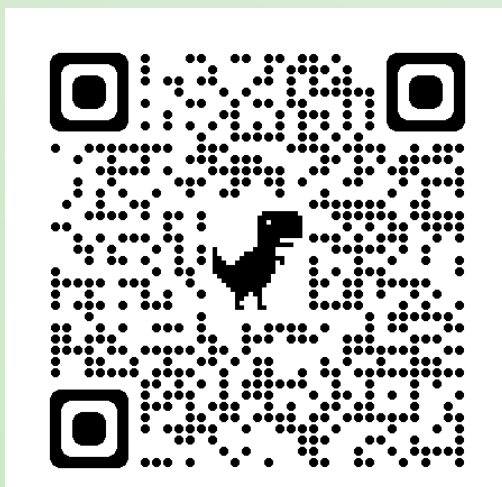
tomatoes



Go for Green<sup>®</sup> makes it easy for you to identify and choose foods that enhance your performance.

 **Green** High-performance fuel  
 **Yellow** Moderate-performance fuel  
 **Red** Low-performance fuel

*Eat Well*  
**PERFORM WELL**



[hprc-online.org/nutrition/go-green](http://hprc-online.org/nutrition/go-green)

