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territoryfoods Did you know you can mix and match with @territoryfoods? 🍴 Our A La Carte options make it easy to customize mealtime, whether you want to eat more veggies, need to feed the whole family or just really crave those roasted fingerling potatoes. 🥔 Whatever your preference, we make it easy to add on. 🙌

10w

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**reminder to take time to:**

go on a walk

practice mindful eating

turn your phone off

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territoryfoods Taking care of your community starts with taking care of yourself. ❤️ That's why we're reminding you to eat well, add movement into your every day, unplug when possible and laugh (it's OK to laugh!). Tell us in the comments: How are you practicing self-care this week?

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**care for your body.**

eat,  
hydrate,  
move,  
sleep,  
repeat.

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territoryfoods There may be a lot of uncertainty in the world, but one thing is for sure: self-care is the one of the most important things you can do to stay healthy for yourself and to support your family and friends. Maybe that means eating a warm, comforting prepared meal (tag us in! 🍴), taking a long bath, sleeping in that extra hour or watching your favorite good-bad TV.

Tell us below, how are you practicing a little extra self-care this week? 🍷💕 (words by @thechalkboardmag)

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territoryfoods When it comes to ingredients, vegetables are the MVPs. Besides being naturally low in calories and fat, they're the cornerstone of clean eating. Here are just \*some\* of their immune-boosting benefits:

- 🍅 Vitamins A and C: Can fight infections and free radicals
- 🥬 Fiber: Keeps you full and boosts heart health
- 🍫olate: Protects your brain and helps your body make red blood cells

That's why you'll find lots of vegetables, including dark leafy greens, vitamin C-rich red bell pepper and colorful carrots in plenty of Territory meals. Sound off below on your go-to veggie!

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territoryfoods Variety is the spice of life, especially when you might be navigating work, mealtime and family fun mostly at home. That's why we're committed to keeping your tastebuds happy with over 35 meals to choose from every week. 🍴 Keto fans, plant-based diners, Whole30 devotees—we got you. And with the option to get up to 18 meals delivered straight to your door every week, we're just as committed to making your life a little less stressful, one meal at a time. ❤️

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**BEST SOURCES OF VITAMIN C to help boost immunity**

- 🌶️ Red bell peppers
- 🍓 Strawberries
- 🥝 Kiwi
- 🥦 Broccoli
- 🍊 Oranges

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territoryfoods Orange you glad you're boosting your immunity? 🍊 Corny yes, but while you probably know vitamin C is the key to a strong immune system, did you know it's not just about oranges, this month's spotlight ingredient? Fruits like strawberries and kiwi and veggies like broccoli and red bell pepper are loaded with vitamin C, which can help your body fight free radicals, stop disease-producing pathogens and prevent respiratory and other infections. Mom was right: Eat your fruits and vegetables! 🍎🥦

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