

HOW TO MAKE A HEALTHY STIR FRY

GET HEALTHY 



No need to stop for take-out! These DIY stir-fry recipes will save you money and tons of calories. Skip the MSG and other additives. Pick your favorite fresh veggies, meats, and bases and make this simple homemade sauce that pleases the whole family.

PROTEIN



chicken



tofu



pork



beef



chickpeas

VEGETABLES



spinach



snow peas



carrots



broccoli



baby corn



peppers

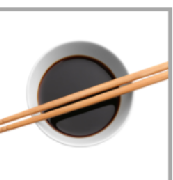


mushrooms



onions

SAUCE



soy



ginger



brown sugar



rice vinegar



sesame oil



garlic



olive oil

BASE



brown rice



cauliflower rice



quinoa



farro



spinach