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Healthy at Home



EATING HEALTHY AT HOME

Limit the amount of trips you need to take to public spaces, such as grocery stores. Stock up on these [11 foods that you can freeze to maintain your social distancing and save money!](#)

For more specific tips and recipe ideas, check out these:

Simple Shortcuts to Healthier Eating

By Kristy Hegner



Home cooking is a big way to eat healthier. Are you trying to prepare more home-cooked meals but running into the dilemma of a busy schedule? Healthy cooking can be quick. Discover several kitchen shortcuts to get the most out of meal planning and prepping with our tips below!

- **WASH AND CHOP VEGETABLES AND FRUITS AS SOON AS YOU GET HOME FROM THE STORE.**
 - **SNACK SMART.** Place your washed and chopped vegetables and fruits in containers for easy grab-and-go snacks.
 - **BUY PRE-WASHED LEAFY GREENS,** like spinach and kale.
 - **COOK LARGE AMOUNTS OF RICE, QUINOA AND OTHER GRAINS.** Use what you need for one recipe then freeze the rest.
 - **FREEZE LEFTOVER INGREDIENTS,** like tomato paste and pesto. Add them to an ice cube tray, freeze, then place in a dated and labeled freezer bag.
- **HAVE A FEW EXTRA HOURS ON YOUR DAY OFF? PREP SEVERAL ITEMS AT ONE TIME**
 - Add one to two pounds of chicken breast or thighs and about one cup of chicken broth to the slow cooker and cook on high for four to six hours. Shred with two forks or a stand mixer, then use later in the week for tacos, salad or stir fry.
 - Roast fresh or frozen (thawed) vegetables in the oven at 425 F for 20 minutes.
 - Sauté onions and peppers and add lean ground beef with Italian seasoning (for pasta), or taco seasoning (for tacos, burritos, or quesadillas).

Mindful Eating for Weight Maintenance

By Jessica Malen



PRACTICING MINDFULNESS CAN AID IN IMPROVING BOTH YOUR EMOTIONAL AND PHYSICAL WELLBEING. BUT DID YOU KNOW MINDFULNESS CAN EXTEND TO HOW AND WHAT YOU EAT? READ ON FOR TIPS ON HOW TO INCORPORATE MINDFUL EATING HABITS INTO YOUR EVERYDAY LIFE.

Maintaining a healthy weight can be difficult, especially in a diet-obsessed culture where so many different options for nourishing yourself are available. With limited time, it can be even harder to truly focus on what you're putting into your body. Mindful eating is all about eating with intention – the intention to care for your health and pay attention to how the food you eat affects your body.

THE QUALITIES OF MINDFUL EATING INCLUDE:

- Being aware of your hunger cues, both physically and emotionally
- Recognizing your triggers for eating when you aren't hungry (i.e., stress, anxiety, depression, boredom, loneliness, etc.)

- Learning to meet your emotional needs without eating
- Choosing food for both pleasure and nutrition
- Eating for happiness and total-body wellbeing
- Using the food you've eaten as fuel to live the spirited life you desire
- Eating only when actually hungry



There are many resources available to you online to help with mindful eating. A simple internet search for “mindful eating” will bring up an abundance of resources for you to choose from. [Dr. Susan Albers](#), a leading doctor in the field of mindful eating, has created a four-pronged attack to get you on track with mindful eating.

WHEN YOU ARE EATING, ASK YOURSELF THESE FOUR QUESTIONS:

1. **Mind:** Am I tasting each bite or am I zoned out when I eat?
2. **Body:** How does my body feel before and after I eat? Do I have low energy? Is my stomach rumbling? Am I full?
3. **Feeling:** What do I feel about this food – guilt, pleasure, joy, disappointment, regret?
4. **Thought:** What thoughts does this food bring to mind – memories, beliefs, fears?



Source: <http://amihungry.com/what-is-mindful-eating/>

Cozy Up With This Stovetop Lentil Soup

By Maya Munot



Looking for more meatless dinner options without spending hours in the kitchen? Try this simple yet hearty lentil-soup recipe.

STOVETOP LENTIL SOUP

PREP TIME: 10 MINUTES

COOK TIME: 45 MINUTES

TOTAL TIME: 55 MINUTES

INGREDIENTS

- 2 tablespoons olive oil
- 1 sweet onion, chopped
- 1 tablespoon garlic, minced
- 1 large carrot, chopped (about 1 ¼ cups)
- 2 celery ribs, chopped (about 1 ¼ cups)
- 2 cups lentils, green or brown, rinsed
- 1 (14-ounce) can diced tomatoes
- 6 cups vegetable or chicken broth, low sodium
- ½ teaspoon cumin
- ½ teaspoon coriander

- 1 ½ teaspoon paprika
- 2 dried bay leaves
- 2 tablespoons lemon juice
- salt and pepper to taste

INSTRUCTIONS

1. Heat the oil in a large pot over medium heat and add the garlic and onion, cook for two minutes or until slightly softened.
2. Add the celery and carrots and cook for seven to 10 minutes or until softened.
3. Stir in the remaining ingredients except the lemon and salt.
4. Increase the heat and bring the mixture to a simmer. Place the lid on the pot and turn the heat down to simmer for 35 to 40 minutes or until lentils are soft.
5. Season to taste with salt and pepper. Add lemon juice just before serving.

Adapted from: recipetineats.com

One-Pan Honey Chicken Thighs and Vegetables

By Kristy Hegner



Struggling to come up with meal ideas for the week? Check out this easy, one-pan chicken and vegetable recipe that will help you save time while enjoying a nutritious meal.

PREP TIME: 5 MINUTES

COOK TIME: 40 MINUTES

TOTAL TIME: 45 MINUTES

INGREDIENTS

- 1 ½ to 2 pounds skinless, boneless chicken thighs (or chicken breasts)
- ¼ cup honey
- 3 tablespoons soy sauce
- 2 tablespoons sesame oil, divided
- 1 ½ teaspoons ground ginger
- 3 teaspoons minced garlic
- salt and black pepper to taste
- 3 carrots, sliced
- 2 cups broccoli

DIRECTIONS

1. Combine the honey, soy sauce, 1 tablespoon sesame oil, 1 teaspoon ginger, garlic, salt and pepper in a plastic-sealed bag. Add chicken to the bag and marinate the mixture for at least one hour or overnight.
2. Preheat your oven to 425 F.
3. Cover a rimmed pan with aluminum foil and coat with sesame oil or non-stick cooking spray.
4. Add carrots and chicken to pan and sprinkle with remaining ½ teaspoon ginger and remaining 1 tablespoon sesame oil. Cook for about 20 minutes.
5. Add the broccoli to the pan and stir together with carrots. Cook for an additional 20 minutes or until the chicken is cooked thoroughly and vegetables are tender.

30-Minute Hearty Vegetarian Chili

By Kristy Hegner



This month we have a delicious vegetarian recipe for you. It's low-cost, nutritious and easy to prepare. Did we mention it only takes 30 minutes to make? Give it a try and let us know what you think on social media! Find us on [Facebook](#), [Twitter](#) and [LinkedIn](#).

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 bell peppers, chopped
- 3 teaspoons garlic, minced
- 3 (14.5-ounce) cans diced tomatoes
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 1 (15-ounce) can low-sodium kidney beans, drained and rinsed
- 1 teaspoon cumin

- 1 teaspoon oregano
- 1 tablespoon chili powder
- ¼ teaspoon cayenne pepper (optional)
- Black pepper to taste

INSTRUCTIONS

1. In a large stock pot, heat olive oil over medium heat.
2. Add onion, peppers and garlic. Sauté until tender.
3. Add remaining ingredients.
4. Bring to a boil, then reduce heat to a simmer for about 20 minutes.

Adapted from: [greatist.com](#)

Support Your Eyes With This Power-Packed Smoothie

By Jessica Malen



This tropical smoothie recipe is designed to give your vision a boost. This smoothie contains **carotenoids** (vitamin A-like compounds that promote eye health and may prevent age-related macular degeneration) and **lutein** (an antioxidant that may reduce the risk of chronic eye diseases and cataracts) from the kale; **vitamin C** (which may reduce the risk of macular degeneration and cataracts) from the orange juice and strawberries; **potassium** (an important mineral for the proper functioning of the body) from the bananas; plus **fiber** (aids in proper digestion).

TROPICAL SMOOTHIE RECIPE

SERVES: 2

CALORIES: 210, Protein: 4 g, Fiber: 4 g, Fat: 1 g, Carbohydrates: 48 g

INGREDIENTS

- 1 cup strawberries (frozen or fresh)
- 2 cups orange juice (look for varieties with no added sugars or squeeze your own)
- 1 tablespoon freshly squeezed lime juice
- 1 ripe banana
- 2 kale leaves, stems removed

DIRECTIONS

1. Combine all ingredients in a blender and purée until smooth, about 45 to 60 seconds.
2. Serve immediately and enjoy!

Adapted from: yoursightmatters.com