



Live Well Planner

2021

Introduction

These days, you may feel overwhelmed with all the health information available to you. However, there are really only a few basic tips to keep in mind for your optimal health. According to experts, leading a healthy lifestyle can help you achieve total wellness and keep costly, chronic conditions at bay.

Living a healthy lifestyle, though, is easier said than done. That's where the Live Well Planner comes in. The Live Well Planner provides you with the tools you need to feel and live healthier than ever before. Each month features exercise, diet and overall wellness articles, while each week provides you with plenty of space to plan your meals, log your workouts, plan your daily activities and appointments—or all of the above! As an added bonus, the last page of every month's section will feature a healthy, easy and delicious recipe for you to try.

Staying organized; planning your days, workouts or meals; and having access to wellness information and healthy recipes are great ways to get yourself on track to achieve your wellness goals. However, please remember that you should speak with a medical professional before you begin a diet and fitness regimen. You and your doctor together can decide the best diet and fitness plan, create reasonable goals and establish a safe, tenable timeline for you to achieve your wellness goals.

Want to print?

Printing out this Live Well Planner is recommended. If you prefer to print out the planner on a month-by-month basis, please follow these instructions:

1. Choose the "Print" option from the "File" menu.
2. Under the "Settings" option, click on the arrow next to "Print All Pages" to access the drop-down menu. Select "Custom Print," and enter the page number range you would like to print, or enter the page number range you would like to print in the "Pages" box.
3. Click "Print." For more information, please visit the [Microsoft Word printing support page](#).

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January 2021

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New Year, New Diet?

Jan. 1 signals a new calendar year, and for many Americans, a “new year, new me” mentality. In fact, according to Business Insider, getting in shape is consistently the most popular New Year’s resolution in the United States. While making lifestyle changes approved by a doctor is not a bad thing, turning to a fad diet to achieve a resolution of getting in shape is not ideal or healthy.

According to the University of Pittsburgh Medical Center, fad diets promise quick weight loss through usually unhealthy and unbalanced dieting. Fad diets can lead to things like gout, poor athleticism, heart disease and—ironically—poor, long-term weight-loss control. If you’re looking to get in shape or lose weight this year, make lifestyle changes that encourage portion control, exercise more, avoid empty calories and eat a well-balanced diet. Keep in mind that forming healthy dieting practices now will keep you on track with your long-term weight-loss goal.

Make Hand and Respiratory Hygiene Your New Year’s Resolution

It’s no secret that the winter months are often accompanied by winter illnesses like the flu and common cold. Following proper hand and respiratory hygiene has always been important to keeping these common winter illnesses at bay, but it’s also essential for protecting yourself against COVID-19.

Keep yourself safe and healthy this winter by following these tips:

- Avoid touching your eyes, nose and mouth with unwashed hands.

- Wash your hands with soap and warm water often, especially before and after touching your face, coughing or sneezing, eating and touching shared surfaces.
- Use an alcohol-based hand sanitizer to disinfect your hands when soap and water aren’t available.
- Cover your mouth and nose with a tissue, or use the inside of your elbow when you cough or sneeze.
- Properly dispose of used tissues in the trash.
- Frequently clean and disinfect high-touch surfaces at home and at work (e.g., doorknobs, countertops, faucets and phones).

For more information about keeping winter illness at bay, contact your doctor.

January 2021

Week 1 Dec. 27–Jan. 2

GOALS/TO-DO LIST	SUN 27	
	MON 28	
	TUE 29	
	WED 30	
	THU 31	
	FRI 1	
	SAT 2	

January 2021

Week 2 Jan. 3–Jan. 9

GOALS/TO-DO LIST	SUN 3	
	MON 4	
	TUE 5	
	WED 6	
	THU 7	
	FRI 8	
	SAT 9	

Week 3 Jan. 10–Jan. 16

SUN
10

MON
11

TUE
12

WED
13

THU
14

FRI
15

SAT
16

Week 5 Jan. 24–Jan. 30

GOALS/TO-DO LIST

Week 5 Jan. 24–Jan. 30

SUN
24

MON
25

TUE
26

WED
27

THU
28

FRI
29

SAT
30

January 2021

Week 6 Jan. 31–Feb. 6

GOALS/TO-DO LIST	SUN 31	
	MON 1	
	TUE 2	
	WED 3	
	THU 4	
	FRI 5	
	SAT 6	

Apple Corn Chili

January 2021 Recipe



Makes 4 servings

Ingredients

2 Tbsp. olive oil (divided)
8 ounces boneless, skinless chicken breast
(cut to ½-inch cubes)
1 medium onion (chopped)
2 cloves garlic (minced)
1 15-ounce can no-salt-added yellow corn
(drained)
2 red apples, such as Braeburn, Empire or Fuji
(chopped, skin on)
½ Tbsp. ground cumin
⅓ tsp. cayenne pepper
1 15-ounce can black beans (drained and rinsed)
1 4.5-ounce can diced green chiles (drained)
2 tsp. sodium-free chicken bouillon
2 cups water
¼ cup reduced-fat sour cream
¼ cup cilantro (chopped)

Nutritional information for 1 serving

Calories	360
Total fat	11 g
Saturated fat	3 g
Cholesterol	35 mg
Sodium	140 mg
Total carbohydrate	48 g
Dietary fiber	9 g
Total sugars	15 g
Added sugars included	0 g
Protein	20 g

Directions

1. In a stockpot, heat 1 Tbsp. olive oil over medium heat. Add chicken and brown for about 5 minutes, then remove chicken from pan.
2. Heat remaining olive oil in the same pot. Add onions and garlic, and saute until soft.
3. Add corn to the onions and garlic, and saute until golden brown. Add apples, cumin and cayenne pepper, and cook for about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of cooled mixture. Puree remainder of the mixture in a food processor or blender, adding a portion of water, if needed, and then return to pot.
5. Add browned chicken, black beans, chiles, bouillon and water to the pureed mixture. Bring mixture to boil and simmer for about 15 minutes. Chicken should be cooked to 165 F.
6. To serve, ladle soup in bowls and top with non-pureed portion of apple-corn mixture, reduced-fat sour cream and cilantro.

February 2021

The Power of Omega-3 and Fish Oil

Believe it or not, there is one type of fat experts agree you should get more of in your diet. This special fat, called omega-3, isn't produced by the body and must be consumed through the food we eat. Unfortunately, most of us aren't eating enough of it. Most Americans are omega-3 deficient because of the large amount of refined and processed food in our diets.

Fish is nature's most abundant source of the essential fat omega-3. Fish concentrate this special fat when they eat algae and other marine life. Most experts agree that everyone should consume two or more servings each week of fatty fish, such as salmon, herring, whitefish, tuna, rainbow trout or sardines. If you don't like fish or you have a higher need for omega-3 fats, use fish oil supplements.

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Exercise Your Way to a Healthier Heart

Every year, the United States recognizes February as American Heart Month. Heart disease is the leading cause of death for both women and men in the United States, causing about 655,000 deaths annually. Heart disease is also an extremely expensive disease—costing the United States about \$219 billion annually in health care, medications and lost productivity. Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions.

In addition to eating healthy and avoiding cigarettes, exercising is an important contributor to cardiovascular health. In order to make exercise an effective tool for cardiovascular health, the American Heart Association suggests that you get at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise per week. An easy way to keep track of your exercise is to aim for 30 minutes a day, five times a week.

February 2021

Week 1 Feb. 7–Feb. 13

GOALS/TO-DO LIST	SUN 7	
	MON 8	
	TUE 9	
	WED 10	
	THU 11	
	FRI 12	
	SAT 13	

February 2021

Week 2 Feb. 14–Feb. 20

GOALS/TO-DO LIST	
	SUN 14
	MON 15
	TUE 16
	WED 17
	THU 18
	FRI 19
	SAT 20

February 2021

Week 3 Feb. 21–Feb. 27

GOALS/TO-DO LIST	SUN 21	
	MON 22	
	TUE 23	
	WED 24	
	THU 25	
	FRI 26	
	SAT 27	

February 2021

Week 4 Feb. 28–Mar. 6

GOALS/TO-DO LIST	SUN 28	
	MON 1	
	TUE 2	
	WED 3	
	THU 4	
	FRI 5	
	SAT 6	

Sweet Potato Hash With Egg

February 2021 Recipe



Makes 4 servings

Ingredients

2 large sweet potatoes (cut into cubes)
1 cup water
1 Tbsp. vegetable oil
1 tsp. vegetable oil
2 chicken sausages
1 small yellow onion (peeled and diced)
1 bell pepper (cored and diced)
2 cloves garlic (peeled and minced)
4 large eggs

Nutritional information for 1 serving

Calories	346
Total fat	14 g
Saturated fat	3 g
Cholesterol	252 mg
Sodium	405 mg
Total carbohydrate	35 g
Dietary fiber	6 g
Total sugars	8 g
Added sugars included	0 g
Protein	20 g

Directions

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until the water has been absorbed by the sweet potatoes.
3. Add 1 Tbsp. oil, sausage, onion, bell pepper and garlic to the skillet with the sweet potatoes. Cook for about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between four plates and return the skillet to the stove.
5. Reheat the skillet over medium-high heat and when it's hot, add the remaining 1 tsp. oil.
6. Add the eggs, one at a time, and cook for about 3-5 minutes until the egg whites are solid and the yolks begin to thicken but are not hard. Flip the egg and cook for one more minute.
7. Top the sweet potato hash with an egg and serve right away.

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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The Connection Between Financial and Physical Wellness

We all know that financial stress can be a burden, but it can also have a negative effect on your health. Financial stress often causes anxiety, depression and hopelessness, and that stress can also contribute to heart disease, high blood pressure, insomnia, more frequent colds and minor illnesses.

Here are healthy ways to cope with that stress and make it more manageable:

- Recognize your unhealthy coping methods and find alternatives, such as meditation, exercising or talking with a friend.
- Take care of yourself. Get enough sleep, eat right, drink plenty of water and exercise regularly.
- Talk to an advisor regarding your financial troubles. You won't be able to fix them overnight, but having a plan of action can help you feel in control and minimize feelings of hopelessness.

Protect Your Health—and Your Wallet—While Grocery Shopping

Eating a well-balanced diet is a key component of living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. Keep the following money-saving tips in mind next time you're grocery shopping:

- **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need, reducing the risk that you'll have to run back to the store later in the week.
- **Create a list—and stick to it.** Make a detailed list of what you need to buy before you go to the store. When you get there, don't buy anything besides what's on the list.
- **Plan where you're going to shop.** Many grocery stores run sales or offer coupons for various healthy foods. Check out the ads and plan your grocery list around what's on sale.
- **Shop seasonally.** Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive.
- **Cook at home as often as possible.** Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.

March 2021

Week 1 Mar. 7–Mar. 13

GOALS/TO-DO LIST	SUN 7	
	MON 8	
	TUE 9	
	WED 10	
	THU 11	
	FRI 12	
	SAT 13	

March 2021

Week 3 Mar. 21–Mar. 27

GOALS/TO-DO LIST	SUN 21	
	MON 22	
	TUE 23	
	WED 24	
	THU 25	
	FRI 26	
	SAT 27	

March 2021

Week 4 Mar. 28–Apr. 3

GOALS/TO-DO LIST	SUN 28	
	MON 29	
	TUE 30	
	WED 31	
	THU 1	
	FRI 2	
	SAT 3	

Bulgur Chickpea Salad

March 2021 Recipe



Makes 6 servings

Ingredients

1 ¼ cups water
1 cup bulgur
1 tsp. dried parsley
1 tsp. minced onion
1 tsp. soy sauce
½ cup scallions (chopped)
½ cup raisins
½ cup carrot (chopped)
¾ cup canned chickpeas (drained and rinsed)
2 Tbsp. oil
2 Tbsp. lemon juice
1 Tbsp. soy sauce
1 garlic clove (minced)
Black pepper (to taste)

Nutritional information for 1 serving

Calories	220
Total fat	6 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	178 mg
Total carbohydrate	41 g
Dietary fiber	7 g
Total sugars	11 g
Added sugars included	0 g
Protein	6 g

Directions

1. Bring water to a boil in a medium saucepan.
2. Stir in bulgur, parsley, minced onion and soy sauce. Cover and reduce heat.
3. Simmer bulgur mixture for 15-20 minutes, until all water is absorbed and bulgur is not too crunchy. Do not overcook.
4. Remove from heat and allow to cool. Fluff bulgur with a fork.
5. Combine oil, lemon juice, soy sauce, minced garlic and black pepper. Stir well and pour over bulgur mixture.
6. Stir in scallions, raisins, carrots and chickpeas. Mix well. Cover and chill for several hours. Store in refrigerator.

April 2021

Are You Getting Your Daily Dose of Nutrients?

The United States Department of Agriculture created MyPlate, a symbol for healthy eating that is designed to provide a simple visual reminder to help people make healthy food choices. Listed below are suggestions and guidelines for fulfilling the food groups represented on the plate:

- **Fruits**—Any fruit or 100% fruit juice counts for this group. Fruits may be fresh, canned, frozen or dried, and may be whole, cut up or pureed.
- **Vegetables**—Any vegetable or 100% vegetable juice counts for this group.
- **Grains**—Examples of grains include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. Grains are divided into whole grains and refined grains.
- **Protein**—All foods made from meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds are considered protein.
- **Dairy**—Fluid milk products and many foods made from milk are in this group, such as cheese and yogurt. Choose mostly fat-free or low-fat dairy products.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Eye Health 101

Keeping your eyes healthy is a very important task. Fortunately, it's also an easy thing to do. Here are five simple ways you can keep your eyes healthy:

1. Get a regular exam. Complete eye exams consist of a series of tests designed to evaluate your vision and check for eye diseases.
2. Wear protective eyewear. When you're playing sports or doing a task that requires eyewear to be worn, heed the advice and wear glasses or goggles to prevent injury to your eyes.
3. Don't smoke. Smoking can contribute to a host of irreversible eye diseases, so quit or refrain from smoking to protect your eyes.
4. Put your shades on. Wearing sunglasses protects your eyes from the sun's harmful rays. Don't forget to put them on when you're outside!
5. Give your eyes a break. Staring at a computer screen for too long can cause a painful strain on your eyes. Whenever possible, try giving yourself a short break from looking at the screen.

April 2021

Week 1 Apr. 4–Apr. 10

GOALS/TO-DO LIST	SUN 4	
	MON 5	
	TUE 6	
	WED 7	
	THU 8	
	FRI 9	
	SAT 10	

April 2021

Week 2 Apr. 11–Apr. 17

GOALS/TO-DO LIST	SUN 11	
	MON 12	
	TUE 13	
	WED 14	
	THU 15	
	FRI 16	
	SAT 17	

April 2021

Week 3 Apr. 18–Apr. 24

GOALS/TO-DO LIST	SUN 18	
	MON 19	
	TUE 20	
	WED 21	
	THU 22	
	FRI 23	
	SAT 24	

April 2021

Week 4 Apr. 25–May 1

GOALS/TO-DO LIST	SUN 25	
	MON 26	
	TUE 27	
	WED 28	
	THU 29	
	FRI 30	
	SAT 1	

Asparagus With Gremolata Sauce

April 2021 Recipe



Makes 6 servings

Ingredients

2 cups asparagus (washed and trimmed)
2 Tbsp. butter
2 tsp. lemon peel (grated)
1 garlic clove (minced)
2 Tbsp. lemon juice (fresh)
Parsley (chopped for garnish)

Nutritional information for 1 serving

Calories	49
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	3 mg
Total carbohydrate	3 g
Dietary fiber	2 g
Total sugars	1 g
Added sugars included	0 g
Protein	2 g

Directions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain and rinse with cold water to cool quickly. Then drain again.
3. Pat dry, wrap in a paper towel and plastic wrap, and refrigerate.
4. Melt butter in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic, and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Saute until asparagus is heated through and coated with the pan sauce, about 3 minutes.
8. Transfer to a platter. Sprinkle with parsley and serve.

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Trouble Sleeping? Your Phone May Be to Blame

According to researchers, using your phone before you go to bed can disrupt your sleep schedule and prevent you from getting a good night's sleep.

Specifically, the study found that those who use smartphones or tablets before bed went to bed later and had a later sleep onset than those who didn't. The study also found that those who used their phone or tablet before going to sleep had lower levels of the sleep-regulating hormone, melatonin. Lastly, the study found that electronic device usage before bed reduced the period of rapid eye movement (REM) sleep, a vital component in our sleep patterns.

So, if you're having trouble sleeping, try putting your phone or tablet away before heading to bed.

Mindfulness and Mental Well-being

We all know that prolonged and chronic stress can wreak havoc on your overall health and wellness, so it's important to find healthy ways to manage it. One effective way to do so is to practice mindfulness.

Mindfulness is the process of bringing your full attention to experiences in the present moment. Being mindful means being aware of where you are and what you're doing, as well as not being reactive or overwhelmed with what's going on around you. Many people achieve mindfulness through meditation and yoga.

Mastering meditation takes practice, but getting started can be easy and not time-consuming. Try the following two quick mindful meditation techniques next time you're feeling stressed:

1. **One-minute relaxation breathing**—Close your eyes and take a deep breath in for a count of four, and then exhale for a count of eight. Repeat five times.
2. **Five-minute body scan meditation**—Sit or lay down in a comfortable position, and take a few moments to find a calm, steady breath. Bring your awareness to sensations in your body, where you will spend several slow breaths on each focal point, beginning with the left toes and all the way through the left hip. Repeat on the right side. From there, follow the same process through your torso, arms and up through your head.

May 2021

Week 1 May 2–May 8

GOALS/TO-DO LIST	SUN 2	
	MON 3	
	TUE 4	
	WED 5	
	THU 6	
	FRI 7	
	SAT 8	

May 2021

Week 2 May 9–May 15

GOALS/TO-DO LIST	SUN 9	
	MON 10	
	TUE 11	
	WED 12	
	THU 13	
	FRI 14	
	SAT 15	

May 2021

Week 3 May 16–May 22

GOALS/TO-DO LIST	SUN 16	
	MON 17	
	TUE 18	
	WED 19	
	THU 20	
	FRI 21	
	SAT 22	

May 2021

Week 4 May 23–May 29

GOALS/TO-DO LIST	SUN 23	
	MON 24	
	TUE 25	
	WED 26	
	THU 27	
	FRI 28	
	SAT 29	

May 2021

Week 5 May 30–June 5

GOALS/TO-DO LIST	SUN 30	
	MON 31	
	TUE 1	
	WED 2	
	THU 3	
	FRI 4	
	SAT 5	

Chicken Mole

May 2021 Recipe



Makes 6 servings

Ingredients

1 skinless chicken (trimmed and cut into pieces)
¼ cup water
¼ cup chili powder
1 tsp. oregano
1 tsp. cocoa powder
½ cup plus 2 Tbsp. flour
1 tsp. pepper
1 tsp. garlic powder
1 cup water
1 Tbsp. creamy peanut butter
5 cups water

Nutritional information for 1 serving

Calories	425
Total fat	29 g
Saturated fat	8 g
Cholesterol	94 mg
Sodium	328 mg
Total carbohydrate	14 g
Dietary fiber	3 g
Total sugars	1 g
Added sugars included	0 g
Protein	26 g

Directions

1. Place chicken in a large pot with ¼ cup of water. Cover and simmer until tender, about 45 minutes.
2. In a medium bowl, mix chili powder, oregano, cocoa powder, flour, pepper and garlic powder with 1 cup of water. Add mixture to a large pot with chicken, and mix well.
3. Add peanut butter and 5 cups of water to the chicken in the pot. Mix well.
4. Bring mixture to a boil.
5. Reduce heat to medium and cook for 10-15 minutes.
6. Stir and serve immediately.

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30			

Beat Your Workday Hunger

Snacking can be an important part of a healthy diet. Healthy snacks can provide midday energy boosts and fuel for exercising, and can help decrease your hunger and the odds of overeating at mealtime. Try incorporating these five simple snacks into your meal plan.

- **Almonds**—1 ½ ounces of almonds (about 35 nuts) provides enough fiber, protein and good fats to keep you feeling full until your next meal.
- **Greek yogurt parfait**—1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber and antioxidants.
- **Blueberries and mini Babybel cheese**—1 cup of fresh blueberries has only 80 calories. When paired with two mini Babybel cheeses, you get a high dose of fiber, antioxidants, protein and calcium.
- **Apple and ½ cup roasted chickpeas**—Apples are fat-, sodium- and cholesterol-free. What's more, one medium-sized apple has less than 100 calories. When paired with ½ cup roasted chickpeas, you get a snack that provides protein, and good fats and carbs.
- **Veggies with hummus**—Snacking on raw, fiber-rich vegetables during the day can help keep you full between meals. For extra protein, eat your veggies with hummus. Be sure to check the serving size on your hummus container to keep your portion size in check.

Myth Busted: Sweating More Doesn't Necessarily Mean You Burned More Calories

Many people wrongly believe that how much you sweat indicates how effective your workout was. How much you sweat during a workout is due to a variety of factors such as weight, gender, age, genetics, temperature and even fitness level.

For example, men tend to sweat more than women, younger people tend to sweat more than older people and fit people tend to sweat more than those who are less fit.

So remember, don't use sweat as an indicator for how intense your workout was. Instead, track your heart rate, level of muscle soreness and amount of progress seen to evaluate whether or not your workouts are effective.

June 2021

Week 1 June 6–June 12

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June 2021

Week 2 June 13–June 19

GOALS/TO-DO LIST	SUN 13	
	MON 14	
	TUE 15	
	WED 16	
	THU 17	
	FRI 18	
	SAT 19	

June 2021

Week 3 June 20–June 26

GOALS/TO-DO LIST	SUN 20	
	MON 21	
	TUE 22	
	WED 23	
	THU 24	
	FRI 25	
	SAT 26	

June 2021

Week 4 June 27–July 3

GOALS/TO-DO LIST	SUN 27	
	MON 28	
	TUE 29	
	WED 30	
	THU 1	
	FRI 2	
	SAT 3	

Turkey Salad With Orange Vinaigrette

June 2021 Recipe



Makes 4 servings

Ingredients

¼ cup orange juice
2 Tbsp. white wine vinegar
2 Tbsp. onion (finely chopped)
¼ tsp. salt
1 dash pepper
1 Tbsp. oil
2 tsp. Dijon mustard
4 cups salad greens (torn)
2 cups turkey breast (cooked and julienned)
1 cup mandarin orange sections (drained)
½ cup celery (sliced)

Nutritional information for 1 serving

Calories	172
Total fat	5 g
Saturated fat	1 g
Cholesterol	N/A
Sodium	551 mg
Total carbohydrate	10 g
Dietary fiber	2 g
Total sugars	7 g
Added sugars included	0 g
Protein	21 g

Directions

1. In a jar with a tight-fitting lid, combine orange juice, white wine vinegar, onion, salt, pepper, oil and Dijon mustard, and shake well to combine. If you don't have a jar with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In a large bowl, combine salad greens, turkey breast, mandarin oranges and celery. Toss gently.
3. Serve with vinaigrette mixture.

July 2021

Prevent Heat Illness

According to the Centers for Disease Control and Prevention (CDC), over 600 people die from extreme heat and heat-related illnesses each year. These preventable deaths illustrate how important preparation is during extreme temperatures. Whether you are swimming at the beach or lounging in the park, you should be prepared for extreme heat conditions.

Stay Prepared

The CDC provides three easy steps to prevent heat-related illnesses: stay cool, stay hydrated and stay informed. This summer, make sure you have shade wherever you are going and wear attire like a sun hat or a thin, long-sleeved shirt to avoid direct contact with the sun. Be sure to drink lots of water—more than you usually do. Your body loses fluids in the summer more quickly, which can lead to illness. Finally, stay informed by monitoring the local weather forecast, and prepare accordingly for outdoor activities.

Know the Signs

The two most dangerous heat-related illnesses, besides dehydration, are heat exhaustion and heatstroke. Heat exhaustion is exhibited through cold, clammy skin, heavy sweating and nausea. If you or someone else shows these symptoms, move to a cooler location and sip water. If you or someone else has a rapid pulse, hot and red skin, and lose consciousness, this could mean heatstroke, and you should call 911 immediately. In this latter scenario, do not give fluids to the person showing the symptoms. Do, however, move them to a cooler location and lower their temperature with cool cloths.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Cook Out Safely

During the summer, stovetops and ovens get swapped for grills. It's important to not forget about food safety guidelines while grilling out:

- Don't cross-contaminate. Keep raw and cooked foods separate by not using the same platters or utensils.
- Cook your food thoroughly. Cooking on a grill often results in quicker browning of the meat on the outside, but the inside can remain raw. Use a food thermometer to ensure your meat is cooked properly.
 - All raw beef, pork, lamb and veal steaks, chops and roasts should be cooked to a minimum internal temperature of 145 F.
 - All ground beef, pork, lamb and veal should be cooked to a minimum internal temperature of 160 F.
 - Poultry should be cooked to a minimum internal temperature of 165 F.

July 2021

Week 1 July 4–July 10

GOALS/TO-DO LIST	SUN 4	
	MON 5	
	TUE 6	
	WED 7	
	THU 8	
	FRI 9	
	SAT 10	

July 2021

Week 2 July 11–July 17

GOALS/TO-DO LIST	SUN 11	
	MON 12	
	TUE 13	
	WED 14	
	THU 15	
	FRI 16	
	SAT 17	

July 2021

Week 3 July 18–July 24

GOALS/TO-DO LIST	SUN 18	
	MON 19	
	TUE 20	
	WED 21	
	THU 22	
	FRI 23	
	SAT 24	

July 2021

Week 4 July 25–July 31

GOALS/TO-DO LIST	SUN 25	
	MON 26	
	TUE 27	
	WED 28	
	THU 29	
	FRI 30	
	SAT 31	

Crusty Rice With Tofu and Vegetables

July 2021 Recipe



Makes 4 servings

Ingredients

3 cups prepared brown rice (cooled)
1 pound tofu
1 cup frozen corn (unthawed)
1 cup frozen peas (unthawed)
6 scallions (sliced)
1 carrot (shredded)
¼ cup fresh basil leaves
¼ tsp. salt
2 Tbsp. vegetable oil

Nutritional information for 1 serving

Calories	389
Total fat	13 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	215 mg
Total carbohydrate	54 g
Dietary fiber	8 g
Total sugars	6 g
Added sugars included	0 g
Protein	17 g

Directions

1. Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
2. Add fully cooled rice to the bowl with the tofu and mix well.
3. Heat a skillet over medium-high heat and, when it is hot, add the oil.
4. Add the rice and tofu mixture to the prepared skillet.
5. Reduce heat to low and press the rice mixture down with a spatula. Cover and cook 10 minutes.
6. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Fuel Your Workout the Right Way

You have to put gas in your car to make it go, right? The same concept can be applied to your body and working out. Just like you can't expect your car to get you from point A to point B without fuel, you can't expect your body to get you through a workout if it's not properly fueled. Here's what you should be eating before, during and after a workout for optimal results.

Before Your Workout

Nutritionists agree that the best way to fuel your workout is to eat 1-4 grams of carbs per every 2.2 pounds of your weight about an hour before your workout. Some examples of a good pre-workout snack include a piece of whole-grain toast with peanut butter and banana slices, fruit and Greek yogurt, or a peanut butter and banana protein smoothie. You should also make sure you're hydrated before you start your workout.

After Your Workout

What you eat after your workout is just as important as what you eat before. Make sure to consume 15-25 grams of protein within one hour of finishing your workout to replenish the muscle glycogen you exerted during your sweat session. Continue to hydrate and consume protein to help keep muscle soreness at bay. If you had a particularly intense workout, consider drinking water or sports drinks enriched with electrolytes to fully replenish your body.

Don't Let Ticks Ruin Your Summer

The warm summer months mean you'll likely be spending more time outside. Unfortunately, summer is the season when ticks are the most active, putting you at a higher risk for tick-borne illnesses. The best way to avoid contracting a tick-borne disease is to practice proper preventive measures, which include the following:

- Wear light-colored clothing, including long-sleeved shirts and pants when in wooded areas, and tuck pant legs into socks or boots. Keep long hair tied back.
- Wash your body and clothing after all outdoor activities.
- Look periodically for ticks if you have been outdoors, especially if you have been in wooded areas or gardens.
- Remove ticks within 24 hours to greatly reduce the risk of contracting diseases.
- Talk with your veterinarian about tick repellent for your pet.
- If you have a pet, check your pet's coat if it has been in a possible tick-infested area.

August 2021

Week 1 Aug. 1–Aug. 7

[illegible]

August 2021

Week 2 Aug. 8–Aug. 14

GOALS/TO-DO LIST	SUN 8	
	MON 9	
	TUE 10	
	WED 11	
	THU 12	
	FRI 13	
	SAT 14	

August 2021

Week 3 Aug. 15–Aug. 21

GOALS/TO-DO LIST	SUN 15	
	MON 16	
	TUE 17	
	WED 18	
	THU 19	
	FRI 20	
	SAT 21	

August 2021

Week 4 Aug. 22–Aug. 28

GOALS/TO-DO LIST	SUN 22	
	MON 23	
	TUE 24	
	WED 25	
	THU 26	
	FRI 27	
	SAT 28	

August 2021

Week 5 Aug. 29–Sept. 4

GOALS/TO-DO LIST	SUN 29	
	MON 30	
	TUE 31	
	WED 1	
	THU 2	
	FRI 3	
	SAT 4	

Breakfast Burritos With Salsa

August 2021 Recipe



Makes 4 servings

Ingredients

4 large eggs
½ cup low-sodium canned corn (drained) or
2 Tbsp. frozen corn
1 Tbsp. 1% milk
2 Tbsp. green bell pepper (chopped)
¼ cup onion (chopped)
1 tsp. mustard
¼ tsp. garlic powder
4 flour tortillas
¼ low-sodium salsa
Nonstick cooking spray

Nutritional information for 1 serving

Calories	246
Total fat	9 g
Saturated fat	3 g
Cholesterol	186 mg
Sodium	479 mg
Total carbohydrate	30 g
Dietary fiber	2 g
Total sugars	2 g
Added sugars included	0 g
Protein	11 g

Directions

1. Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
2. Add fully cooled rice to the bowl with the tofu and mix well.
3. Heat a skillet over medium-high heat and, when it is hot, add the oil.
4. Add the rice and tofu mixture to the prepared skillet.
5. Reduce heat to low and press the rice mixture down with a spatula. Cover and cook 10 minutes.
6. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Take Your Workout Outside

Exercising in nature has been proven to improve one's mental and physical health. Being outside also helps promote higher vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D, so exercising outside can be a great way to correct that.

In addition, outdoor activity can help you maintain a healthy weight, boost immunity and lower stress. Exercising outside can feel less routine than working out in a gym.

What counts as spending time outdoors?

Visiting town parks, green spaces, woodlands and beaches all count as spending time outdoors. Here are two simple activities that you can do outside:

1. Walking or hiking—Hiking and walking have been proven to improve heart health and can help you maintain a healthy waistline.
2. Riding your bike—Riding a bike helps improve balance and endurance, and it's an exercise that's easy on your joints.

Be Prepared

Before you head outside and start improving your health today, you need to make sure that you're properly prepared. This means that you should pack water, first-aid supplies, sun protection and, if you're spending a significant amount of time outside, a healthy snack to help you refuel.

Healthy Portion Sizes

A portion is the amount of a specific food an individual eats for a meal or snack. Many factors affect food portions, such as age, gender, activity level, appetite, and where or when the food is obtained and eaten.

A portion is the amount of food you choose to eat.

There is no standard or correct portion size. A serving is a standard amount used to give advice about how much to eat, and to identify how many calories and nutrients are in a particular food.

For a general idea of the amount of food you should be consuming, use the following recommendations:

- One serving of meat is about 2 or 3 ounces—about the size of the palm of your hand.
- One serving of grains is equal to one slice of bread, 1 ounce of cereal, or half a cup of pasta or rice.
- One serving of fruit or vegetables is equal to one piece of fresh fruit or vegetable, half a cup of chopped fruit or vegetables or three-quarters of a cup of either juice. In general, it's not as necessary to be vigilant about vegetable and fruit intake, as any amount is healthy—just be aware of the sugar content in fruit.

September 2021

Week 1 Sept. 5–Sept. 11

GOALS/TO-DO LIST	SUN 5	
	MON 6	
	TUE 7	
	WED 8	
	THU 9	
	FRI 10	
	SAT 11	

September 2021

Week 2 Sept. 12–Sept. 18

GOALS/TO-DO LIST	SUN 12	
	MON 13	
	TUE 14	
	WED 15	
	THU 16	
	FRI 17	
	SAT 18	

September 2021

Week 3 Sept. 19–Sept. 25

GOALS/TO-DO LIST	SUN 19	
	MON 20	
	TUE 21	
	WED 22	
	THU 23	
	FRI 24	
	SAT 25	

September 2021

Week 4 Sept. 26–Oct. 2

GOALS/TO-DO LIST	SUN 26	
	MON 27	
	TUE 28	
	WED 29	
	THU 30	
	FRI 1	
	SAT 2	

Mediterranean Roasted Eggplant With Tomato Sauce

September 2021 Recipe



Makes 4 servings

Ingredients

2 medium-sized eggplants
1 cup low-sodium pizza sauce
½ cup low-fat plain yogurt
1 garlic clove (finely chopped)
Vegetable oil spray (as needed)

Nutritional information for 1 serving

Calories	112
Total fat	2 g
Saturated fat	0 g
Cholesterol	2 mg
Sodium	36 mg
Total carbohydrate	23 g
Dietary fiber	9 g
Total sugars	14 g
Added sugars included	1 g
Protein	4 g

Directions

1. Preheat the oven to 350 F.
2. Wash and remove the stem end of the eggplants. Then slice the eggplants into ½-inch slices.
3. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer.
4. Spoon pizza sauce on each slice.
5. Bake for 30 minutes in the preheated oven.
6. Stir the yogurt and garlic together. Set aside.
7. Drizzle the yogurt-garlic sauce in thin lines on each of the eggplant slices before serving. You can do this easily by putting the sauce in a plastic squirt bottle or using a spoon.

October 2021

Cut Back on the Caffeine

Did you know that 90% of Americans consume some form of caffeine regularly? Caffeine has many effects on the body's metabolism, including stimulation of the central nervous system. It can make one feel more alert and provide a boost of energy.

For most people, the amount of caffeine in two to four cups of coffee a day (200 to 400 milligrams) is not harmful. However, too much of it can make one feel restless, anxious and irritable. It may also prevent a good night's sleep, and cause headaches and abnormal heart rhythms. Furthermore, if heavy caffeine use stops, it can cause withdrawal symptoms. Certain circumstances call for reducing the amount of caffeine you consume. If any of these situations apply, you should cut back:

- You consume unhealthy amounts of caffeine, more than 500 to 600 milligrams a day.
- You have caffeine sensitivity. People with smaller body masses, those who do not usually consume caffeine and those who are overly stressed will feel the effects of caffeine consumption sooner.
- You are not sleeping well. Caffeine interferes with the ability to get a good night's sleep.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Healthy Portion Sizes

Flu season typically runs from October to May. However, most flu cases occur between December and February. That's why the CDC is strongly recommending that you get vaccinated as early as possible.

Each year, the Food and Drug Administration (FDA) works with the World Health Organization to create a vaccination that contains three or four different strains of the flu. Most of the shots available provide protection against four different flu strains. The CDC recommends that everyone older than 6 months should get the flu vaccine.

You can get vaccinated against the flu at your doctor's office, in a clinic or pharmacy, and maybe even your place of employment. Some urgent care clinics and local health departments will provide flu vaccines as well. Visit the [HealthMap Vaccine Finder](#) to locate where you can get a flu vaccine.

October 2021

Week 1 Oct. 3–Oct. 9

GOALS/TO-DO LIST	SUN 3	
	MON 4	
	TUE 5	
	WED 6	
	THU 7	
	FRI 8	
	SAT 9	

October 2021

Week 2 Oct. 10–Oct. 16

GOALS/TO-DO LIST	SUN 10	
	MON 11	
	TUE 12	
	WED 13	
	THU 14	
	FRI 15	
	SAT 16	

October 2021

Week 3 Oct. 17–Oct. 23

GOALS/TO-DO LIST	SUN 17	
	MON 18	
	TUE 19	
	WED 20	
	THU 21	
	FRI 22	
	SAT 23	

October 2021

Week 4 Oct. 24–Oct. 30

[illegible]

October 2021

Week 5 Oct. 31–Nov. 6

GOALS/TO-DO LIST	SUN 31	
	MON 1	
	TUE 2	
	WED 3	
	THU 4	
	FRI 5	
	SAT 6	

Squash Soup

October 2021 Recipe



Makes 6 servings

Ingredients

1 Tbsp. olive oil
2 onions (chopped)
2 medium-sized carrots (chopped)
2 garlic cloves (minced)
1 cup canned tomato puree
5 cups low-sodium chicken or vegetable broth
4 cups winter squash (cooked)
1 ½ Tbsp. oregano (dried)
1 ½ Tbsp. basil (dried)

Nutritional information for 1 serving

Calories	127
Total fat	4 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	251 mg
Total carbohydrate	19 g
Dietary fiber	4 g
Total sugars	7 g
Added sugars included	0 g
Protein	6 g

Directions

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken or vegetable broth, cooked squash and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

November 2021

Beware of Emotional Eating

Food is commonly used as a coping mechanism for sadness, depression and anger. Emotional eaters can get back on track if they figure out what triggers are causing their need to eat. Consider these tips:

- **Learn to identify real hunger**—If you ate only a few hours prior and your stomach is not rumbling in response to hunger, then you probably should wait to eat.
- **Identify triggers**—Emotional eaters should keep a food journal and write down everything that they eat, how they felt emotionally right before they ate and how they felt when they were done eating. It is also beneficial to note how hunger played into the eating. Then, analyze what emotions accompanied food intake to determine what is causing the need to eat.
- **Find comforts outside of food**—Pick up a hobby, watch a movie, listen to music, take a walk or visit a friend instead of eating when you feel particularly blue.
- **Remove unhealthy foods from your home**—If you don't have junk food in your pantry, you can't eat it.
- **Snack smart**—Instead of reaching for unhealthy foods when feeling hungry, eat a piece of fruit or vegetables.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Recipe Swap: Making Your Holiday Favorites Healthier

Butter, oils and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

Will substituting the fats change how my food tastes?

Substituting fat in your favorite recipes may not give them the same texture, but it will be close. In addition to lower fat content, many of the substitute ingredients will add more fiber, vitamins, minerals and protein to your recipes.

How can I get started substituting?

To experiment, start by substituting one-third of the fat from the recipe and then increase or decrease to your desired likeness. For baking, use $\frac{1}{2}$ cup applesauce or fruit juice and $\frac{1}{2}$ cup butter instead of 1 full cup of butter. Instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk.

Now that you have the basics, it's time for you to try it out. With the holidays right around the corner, now's the perfect time to makeover your beloved (and maybe not the healthiest) recipes.

November 2021

Week 1 Nov. 7–Nov. 13

[illegible]

November 2021

Week 2 Nov. 14–Nov. 20

GOALS/TO-DO LIST	SUN 14	
	MON 15	
	TUE 16	
	WED 17	
	THU 18	
	FRI 19	
	SAT 20	

November 2021

Week 3 Nov. 21–Nov. 27

GOALS/TO-DO LIST	SUN 21	
	MON 22	
	TUE 23	
	WED 24	
	THU 25	
	FRI 26	
	SAT 27	

November 2021

Week 4 Nov. 28–Dec. 4

GOALS/TO-DO LIST	SUN 28	
	MON 29	
	TUE 30	
	WED 1	
	THU 2	
	FRI 3	
	SAT 4	

Cranberry Pumpkin Muffins

November 2021 Recipe



Makes 12 servings

Ingredients

2 cups flour
¾ cup sugar
3 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
¾ tsp. allspice
⅓ cup vegetable oil
2 eggs
¾ cup canned pumpkin
2 cups cranberries (fresh or frozen, chopped)

Nutritional information for 1 serving

Calories	204
Total fat	7 g
Saturated fat	1 g
Cholesterol	31 mg
Sodium	255 mg
Total carbohydrate	32 g
Dietary fiber	2 g
Total sugars	14 g
Added sugars included	12 g
Protein	3 g

Directions

1. Preheat oven to 400 F.
2. Sift together flour, sugar, baking powder, salt, cinnamon and allspice. Set aside.
3. In another bowl, beat oil, eggs and pumpkin together until well-blended.
4. Add the pumpkin mixture to the flour mixture all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper-lined muffin cups.
7. Bake for 15-30 minutes.

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

The Truth About Sugar Substitutes

With obesity rates skyrocketing and excess sugar in diets blamed as a major culprit, many people have turned to artificial sweeteners to satisfy their sweet tooth instead. Remember, just because a product contains a sugar substitute does not necessarily mean it is calorie-free or even healthy.

A sugar substitute is a low-calorie sweetener or artificial sweetener. Sugar substitutes provide a sweet taste without the calories or carbohydrates that accompany sugar and other sweeteners. They are hundreds of times sweeter than sugar, so it takes much less of them to create the same sweetness. Therefore, the resulting calorie count is insignificant. This is why many dieters choose artificial sweeteners over sugar.

There has been much controversy surrounding the safety of sugar substitutes. Some contend that sugar substitutes may cause cancer or brain tumors. However, the FDA dismisses these claims, insisting that there have been extensive studies done to alleviate any concern. There are even some organizations endorsing sugar substitutes, such as the American Diabetes Association, which refers to foods with artificial sweeteners as “free foods” because they make foods taste sweet, yet have essentially no calories and do not raise blood sugar levels.

Wintertime Workouts

Whether you’re in full-out hibernation mode or stressed-out and busy from the holidays, your exercise routine might be one of the first casualties of the season. Whatever your reason, use some of the following tips to get moving this winter.

No Motivation

The holidays are busy, and winter brings fewer daylight hours and colder temperatures. Try mixing up your routine by doing new workouts, experimenting with winter sports, or working out with a friend or family member.

Limited Time

If you’re busy with holiday preparation and parties, sometimes you need a quick, unscheduled workout idea. Jumping rope for a few minutes, or even incorporating bodyweight exercises like walking lunges or squats into your daily routine can help you stay on track.

Cold weather and busy holidays don’t have to be an insurmountable obstacle for fitting in a workout. If you keep exercising during the holiday season, you’ll feel better, stay healthier and be able to justify that extra dessert.

December 2021

Week 1 Dec. 5–Dec. 11

GOALS/TO-DO LIST	SUN 5	
	MON 6	
	TUE 7	
	WED 8	
	THU 9	
	FRI 10	
	SAT 11	

December 2021

Week 2 Dec. 12–Dec. 18

GOALS/TO-DO LIST	SUN 12	
	MON 13	
	TUE 14	
	WED 15	
	THU 16	
	FRI 17	
	SAT 18	

December 2021

Week 3 Dec. 19–Dec. 25

GOALS/TO-DO LIST	SUN 19	
	MON 20	
	TUE 21	
	WED 22	
	THU 23	
	FRI 24	
	SAT 25	

December 2021

Week 4 Dec. 26–Jan. 1

GOALS/TO-DO LIST	SUN 26	
	MON 27	
	TUE 28	
	WED 29	
	THU 30	
	FRI 31	
	SAT 1	

Slow Cooker Pork Stew Over Brown Rice

December 2021 Recipe



Makes 8 servings

Ingredients

2 pounds lean pork stew meat
3 cups baby carrots
1 large onion (diced)
1 ½ tsp. dried thyme leaves
½ tsp. coarse ground black pepper
¼ tsp. salt
1 clove garlic (minced)
1 ½ cups complete bran and wheat flakes
ready-to-eat cereal (crushed to ¾ cup)
1 cup dried tart cherries
¾ cup 100% apple juice
4 cups cooked brown rice

Nutritional information for 1 serving

Calories	360
Total fat	5 g
Saturated fat	2 g
Cholesterol	54 mg
Sodium	139 mg
Total carbohydrate	50 g
Dietary fiber	6 g
Total sugars	19 g
Added sugars included	12 g
Protein	27 g

Directions

1. Trim fat from pork.
2. Spray a large pan with nonstick cooking spray. Cook half of the pork at a time until browned.
3. In a 4- or 6-quart slow cooker, layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice over contents.
5. Cover and cook on low setting for 7-8 hours (3-4 hours on high setting).
6. Prepare the brown rice according to package directions toward the end of the stew cooking time.
7. Stir pork mixture and serve over ½ cup brown rice.