

WELLNESS MINUTE

March 2023



MEAL PREPPING BENEFITS

5 MEAL PREPPING TIPS

RECIPE OF THE MONTH

SPRING WORKOUTS



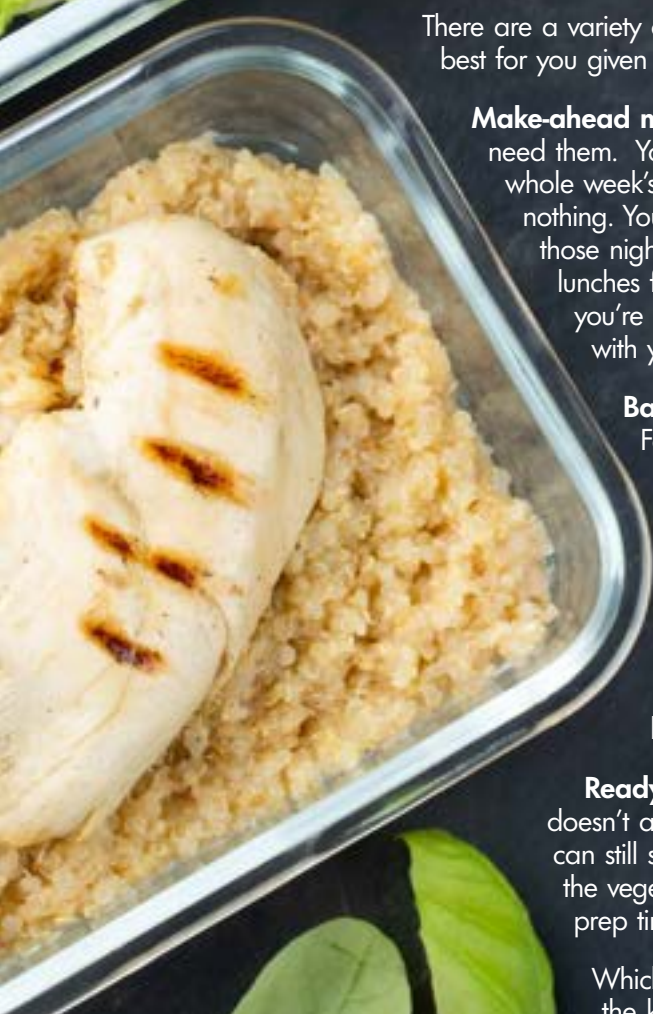
MEAL PREPPING BENEFITS

Meal prepping is popular for good reasons. Some people find it overwhelming or get bored by eating the same thing all week. However, it doesn't have to be that way! There are lots of ways to do it that include variety and not spending an entire day in the kitchen.

MEAL PREPPING OFFERS GREAT BENEFITS:

- Saves time during the week
- Saves you money by eating out less
- Makes it easier to exercise portion control and reduce calories
- Helps ensure you're eating nutritious, healthy meals and avoiding unhealthy ingredients

There are a variety of ways to meal prep. It's a matter of picking and choosing what will work best for you given your lifestyle and preferences. Here are different methods:



Make-ahead meals: These can be refrigerated or frozen so they are ready when you need them. You can prepare any amount you'd like in advance. Some people make a whole week's meals, but you can do as few or as many as you'd like. It's not all or nothing. You may find it helpful to make a couple of dinners in advance, especially for those nights you may have to work late. Someone else may prefer to just prep lunches for the week. Or maybe breakfast is what works best since that's when you're most in a rush. Be flexible and experiment until you find what works best with your schedule.

Batch cooking: This involves cooking larger portions of meals or ingredients. For example, cooking double or even triple portions of rice that you can use for various meals throughout the week. Another idea is to make a larger than the normal batch of soup and freeze some for the following week.


Individually-portioned meals: Preparing meals and portioning them into individual containers for the week is a great way to ensure portion control and save time. Again, this method can be applied to breakfast, lunch, or dinner. Overnight oats work great as a breakfast meal prep and Buddha bowls or mason jar salads work well for lunches.

Ready-to-cook ingredients: If the idea of preparing whole meals in advance doesn't appeal to you, at least prepping some of the ingredients is an option that can still save you some time. For example, you can wash and chop, and refrigerate the vegetables you'll be using throughout the week in advance. This will reduce prep time once you're cooking dinner.

Whichever method you choose, meal prepping can help you spend less time in the kitchen and help you stick to healthy eating. Ready to give it a try?

Source:

<https://www.healthline.com/nutrition/how-to-meal-prep#methods>



5 MEAL PREPPING TIPS:

1. Stick to a consistent schedule by picking a specific day of the week to plan, shop and prep.
2. Decide how many and which meals you will prep based on each week's schedule.
3. Choose recipes that will work well for meal prep keeping in mind the preparation methods. It helps to vary based on the cooking method since you can't prep too many meals that all require the same appliance whether that's the oven, your slow cooker, stovetop, etc.
4. Organize your time by starting with the meals or ingredients that will take the longest to cook.
5. Be smart about storage by choosing safe containers such as glass or ceramic (plastic is not safe) and refrigerating what you will eat within the next 3-4 days. Freeze whatever you won't eat within that timeframe.

Rainbow Spring Rolls

with Ginger Peanut Dipping Sauce

Makes 6 rolls

These healthy Spring Rolls make it easy to “eat the rainbow” and are packed with delicious flavor. Enjoy them as an appetizer or side dish.

Ingredients for the rolls:

- 6 rice spring roll papers
- 1 red pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 yellow pepper, thinly sliced
- 1 large bunch of mint leaves
- 1 large bunch of cilantro
- ¼ red cabbage, thinly sliced

Ingredients for the ginger peanut dipping sauce:

- ½ cup peanut butter
- 1 1/2 tbsp low-sodium soy sauce
- 1 tbsp raw honey
- 2 tbsp freshly squeezed lime juice
- ½ tsp chili paste
- 1 tsp freshly grated ginger

Instructions:

1. To get the rice paper flexible for wrapping the spring rolls, dip it in warm water for about 3-4 seconds then place the wrapper onto your work surface, which should be clean and flat.
2. Near the bottom of the spring roll in the center, lay out a portion of each of the vegetables.
3. Fold the bottom over the end of the veggies, then fold the uncovered sides inward, then tightly roll the wrapper all the way as tightly as possible.
4. Repeat this process to make all 6 rolls.
5. To make the dipping sauce, combine all of the sauce ingredients in a small bowl and stir until smooth. If needed, you can soften the peanut butter first by microwaving it for 10-15 seconds.

Source:

<https://www.asweetpeachef.com/healthy-spring-roll-recipes/#wprm-recipe-container-27724>



SPRING WORKOUTS

Exercising during the winter months can be more challenging due to the colder weather and shorter days. The warmer and longer days that begin in spring are a great time to step up your exercise routines, especially if you prefer to exercise outdoors.

Here are some great ideas for sprucing up your workouts this season.

1. **Hiking**, especially in hilly areas offers a great cardio workout and has the added benefit of being in nature. Exercising in a natural environment can help you stay fit, reduce stress, and boost your mood.
2. **Outdoor yoga** is another way to exercise in nature when it's available in a park. Yoga is great any time of the year but more gentle forms of yoga can be a great way to kickstart your exercise routine if you haven't been very active during the winter months.
3. **Cycling** can be a fun way to exercise outdoors whether you do it alone with others, in your neighborhood, or in a more natural environment
3. **Outdoor sports** are great forms of exercise especially if you like some friendly competition. Join a sports team or simply invite a buddy or family member to play tennis, basketball, volleyball, pickleball, or whatever sport you enjoy.

Reference:

<https://www.verywellfit.com/5-fun-workout-ideas-for-spring-5218287>

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