

W.O.W.

WAC ON WELLNESS

MAKE IT HAPPEN: MEAL PLANNING MADE EASY

KEY CONCEPTS:

- Make basics in larger quantities: grilled or roasted chicken, grains, roasted vegetables, sauces and dressings
- Slow cookers are great for quick meals!
- Keep plenty of basic non-perishables: canned beans, canned salmon or tuna, high quality bottled dressings and sauces, pasta, bread options (wraps, pita, whole grain sandwich bread), mustard, cheese.
- Keep basics that last a while: onions, garlic, celery, potatoes, plain Greek yogurt, hummus
- Think in terms of protein + grain + vegetable.
- When time is limited, think in terms of “partially homemade.” Utilize convenience foods to make meals quicker: rotisserie chicken, ready-to-use salad greens, natural bottled dressings and sauces, canned soups (can be made lower sodium and higher nutrition by adding vegetables, leftover protein, beans, etc.)
- Think in terms of “breakfast for dinner.” Eggs are easy and quick.



BY KIM FLANNERY

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WHAT CAN I DO WITH LEFTOVERS FROM A SIMPLE GRILLED CHICKEN, RICE, AND VEGETABLE DINNER?

1. Make a wrap with the chicken, some hummus, tomatoes, cucumber, and onion. Add a little avocado if you like.
2. Stir fry the rice, chunks of chicken, and some vegetables (leftover or fresh) in a little olive oil and garlic. Season with salt and pepper, maybe a dash of soy sauce. Fresh or powdered ginger is also a nice flavor addition.
3. In a bowl, combine chicken chunks, celery, onion, and cooked pasta (takes about 10 minutes to cook) with good bottled vinaigrette (or make your own in 5 minutes). Add fresh dill if desired.
4. Make a meal salad by using prepared greens. Top with chicken, canned beans, shredded cheddar, and assorted veggies. Use a bottled or homemade dressing.

Look for recipes on the WAC website (nutrition page at thewac.com).



Wisconsin Athletic Club

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www.thewac.com/wow