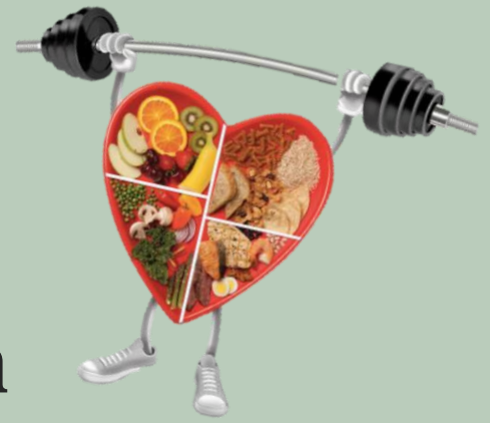


# Healthy Eating; National Nutrition Month



**Eat Right!**

## Healthy Eating Tips

- Make sure to be eating fruits and vegetables, whole grains, lean meats, and dairy.
- Eat the right portion sizes. Don't over fill your plate, eat what is right for you.
- Plan your meals ahead of time and prepare healthy snacks for the week.
- Cut down on saturated fat, sugar, and salt.
- Don't skip any meals throughout the day, especially breakfast.
- Avoid going out to eat and cook meals at home instead.
- Stay away from packaged foods and read the labels.

This month is all about focusing on your health by eating nutritious meals to increase your overall well-being. By making this change and taking charge of your health you will be lowering your risk for disease as well as maintaining a healthy weight. Eating the right foods and developing healthy habits will really make a difference in your life. With busy schedules, it's hard to take time to eat the best foods. It's easier for us to go to a fast food restaurant instead of cooking a meal at home. But think about how much that is hurting your body.

Start each morning by having a big healthy breakfast so you have fuel for the day. Think about what you will have the night before and make sure you are prepared. Plan your meals for the week as well as your snacks. Go to the store before your work week starts and stock up on all the foods that you will need. Put aside some time to prepare meals for the week so you have food available to you. This way you are getting the nutrients you need as well as saving money, time, getting proper portions, and reducing stress! I guarantee that after you eat healthy nutritious meals you will feel a lot better!

# Healthy Recipe; Roasted Chicken & Veggies

## Ingredients

- 2 medium chicken breasts (boneless skinless cut into ½ pieces)
- 1 cup broccoli florets (frozen or fresh)
- 1 small red onion chopped
- 1 cup grape or plum tomatoes
- 1 medium zucchini chopped
- 2 cloves garlic minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper (optional)
- ½ teaspoon red pepper flakes (optional)
- ½ teaspoon paprika
- 2 tablespoons olive oil
- 2-4 cups cooked rice of choice (optional)

## Directions

1. Pre-heat oven to 450 F. Line a baking sheet with aluminum foil and set aside.
2. Place the chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil.
3. Bake for 15-20 minutes or until veggies are charred and chicken is tender.
4. Place ½ or 1 cup of cooked rice of choice into 4 individual meal prep containers. Divide the chicken and veggies evenly on top of the rice. Cover and store in the fridge for up to 5 days.

**Prep Time: 10 minutes**

**Cook Time: 20 minutes**

**Servings: 4**

**240 calories per serving**

## Meal Prep Tips.....

Make time and pick a day that works for you. It's best to go shopping on Sunday to prepare for the week. Find recipes that you want to make and get a grocery list together. Pick recipes that will last and you are able to eat throughout the week. Choose foods that are freezer friendly so they just have to be reheated. Your meals should consist of protein, one starchy carb, and one fresh produce. Make sure to get proper containers and label your foods. Don't let them sit in your fridge or freezer too long. Now all you have to do is pack them to go to ensure a day of healthy eating!

Sources: <http://www.eatright.org>  
<https://gimmedelicious.com>

*Promoting Good Health and Quality of  
Life*



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