

EFH: Exercise from Home Routine of the Week

STRENGTHEN, mobilize and **work** on mindfulness with this Pilates routine!

[At Home Pilates Routine](#) Access Code: 6QLLQXWL

Review each exercise before you start so you can flow through this routine seamlessly. This routine emphasizes breath and requires concentration for each movement to be completed correctly. Two stretches are included at the end to help you feel lengthened and mobile to carry out the rest of your day.

Give yourself this 15 minutes to tune into your body, distract yourself from the outside world, and improve your overall health!

WHAT YOU NEED

1. 15 minutes
2. A wall
3. A mat or carpet!



Nutrition Focus of the Week ...

Chickpeas!

The versatile pantry item

The chickpea is a legume and has multiple names including garbanzo bean. Chickpeas are a good source of protein, soluble *and* insoluble fiber, folate and iron. They contain a resistant starch that slows digestion and helps avoid high spikes in blood sugar levels. About one third of the fiber is soluble fiber, which can be beneficial to colon and heart health. Canned and dried chickpeas are comparable in nutritional value. Strain, drain and rinse canned chickpeas to remove up to 40% of excess sodium.

The recipe links below prove just how versatile the chickpea really is!

Breakfast:

[Single Serve Egg and Chickpea Breakfast](#)

Lunch and Dinner:

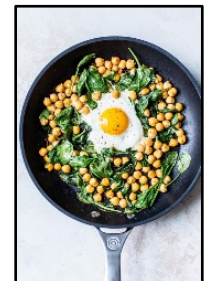
[Smashed Chickpea Salad Sandwiches](#)

[Israeli Couscous Salad with Feta, Chickpeas and Herbs](#)

[Easy Healthy Chickpea Curry](#)

[20-Minute Moroccan Chickpea Soup](#)

[Vegan Mediterranean Chickpea "Meatballs"](#)



Sides and Snacks:

[Classic Hummus](#)

[Chickpea Salad with Cucumbers and Tomatoes](#)

[Spicy Roasted Chickpeas](#)