

# Keeping up with Wellness at Home

Northwestern Executive Health Wellness Team

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## Synchronize Week Night Cooking!

Make week night meal planning less stressful. As a time saving strategy, we suggest using an ingredient more than once in a given week. Below are three suggestions for reimagined dinners. Remember to cook enough protein on night one so you have leftovers to use for the second night's recipe.

### Baked Salmon

Roasted Broccoli  
Quinoa



### Salmon Burger

Sweet Potato  
Cucumber Salad

### Grilled Chicken

Green Beans  
Brown Rice



### Grilled Chicken

Greek Quinoa  
Bowl

### Turkey Taco Salad



Turkey Stuffed  
Peppers



## How do you sweat off your stress?



In this time of uncertainty, stress levels may be high, wreaking havoc on your mental and physical well-being. Exercise is meditation in motion and can help combat those negative effects. Here are three ways to sweat out the stress.

### Yoga

- Daily Yoga App
- Yoga Studio App

### Cardio

- C25K App (Couch to 5k)

### High Intensity Circuit Training

- Johnson & Johnson's 7 Minute Workout App
- Quick Body Weight Circuit

[MedBridgeGo](#)

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