









## Wellness Tips

*Part of a quarterly Tenant Wellness Seminars in partnership with Tri Fit*

# Healthy Meal Planning for Busy Professionals

-  Did you know? Social connections strengthen the immune system, lower rates of anxiety and depression and improve self-esteem.
-  Cook once, eat twice! Double your recipe to have leftovers for lunch the next day.
-  Micro-nutrients are important for good health. Maximize intake by filling your plate with 50% vegetables at lunch and dinner.
-  How can you curb unhealthy snacking? Include quality protein, fat, and fibre at each meal.
-  Meal prep on Sundays to save time during the week.
-  Cook a week's worth of whole grains (i.e. quinoa, rice, millet) for a quick side-dish or salad.
-  Marinate meat in the morning so it's oven-ready when you get home.
-  Be a detective. When buying packaged food be sure to read the ingredients--not just the nutrient breakdown--to find out what's actually inside!

**WE WELCOME YOUR QUESTIONS AND SUGGESTIONS**

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