



2023 Wellness Plan

Keeping Healthy Simple Club



Qtr	Webinar	Cooking Class	Newsletter Topic
1	Meal Planning: The ASPIRE Strategy to Plan Healthy Meals	<p><u>January</u>: Meal Prep Breakfasts: PB&J Overnight Oats & Breakfast Burrito Bowls.</p> <p><u>February</u>: Mason Jar Salads: Mediterranean Salad with Avocado-Lemon Dressing.</p> <p><u>March</u>: Meal Prep Dinners: Bruschetta Chicken & Roasted Vegetables.</p>	<p><u>January</u>: How To Use Willpower and Goals to Set Yourself Up for Success.</p> <p><u>February</u>: Heart-Healthy Nutrition Tips to Keep It Simple and Delicious.</p> <p><u>March</u>: The ASPIRE Strategy: Six Steps to Planning Healthy Meals.</p>
2	What Should I Eat? From Macros to Mindfulness	<p><u>April</u>: Black Bean Quesadillas & Avocado Salad.</p> <p><u>May</u>: Shrimp with Zoodles & Noodles in Homemade Tomato Sauce.</p> <p><u>June</u>: California Roll Lovers.</p>	<p><u>April</u>: If It Fits Your Macros: Macros Explained Simply.</p> <p><u>May</u>: You Don't Have To Diet: What To Do Instead.</p> <p><u>June</u>: Keeping Cool in Your Kitchen with No-Cook Recipes.</p>
3	Exercising for the Right Reasons: Benefits of a Well-Rounded Exercise Plan	<p><u>July</u>: Lemon Basil Pasta & Bean Salad with a Pina Colada Mocktail.</p> <p><u>August</u>: Summer Medley Salad with Basil Vinaigrette.</p> <p><u>September</u>: Just Desserts featuring 3 single serving desserts.</p>	<p><u>July</u>: Exercise & Your Health.</p> <p><u>August</u>: Boosting Your Metabolism: Fact versus Fiction.</p> <p><u>September</u>: Settling In with Good Sleep Habits.</p>
4	Gratitude: How a Simple Practice Can Improve Your Health & Wellbeing	<p><u>October</u>: Pumpkin Love.</p> <p><u>November</u>: Let's Dip Into Entertaining featuring 3 party dips.</p> <p><u>December</u>: Turkey Meatballs & Cauliflower Mash.</p>	<p><u>October</u>: Stomp Out Holiday Stress & Bring On the Joy.</p> <p><u>November</u>: Stay Healthy While Traveling Over the Holidays.</p> <p><u>December</u>: Building a Gratitude Practice to Improve Your Health & Wellbeing.</p>