

## Did you know...

We use whole grain products whenever possible.

The salt and pepper shakers indicate that a meal contains more than 1000 mg of sodium, which is about ½ of your daily recommended value.

Menu items may be subject to change without notice due to supply chain issues.

### **Meal Reheating Instructions:**

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

#### **For best results**

Reheat meals in the original packaging

Preheat oven to 350 degrees

Place meal on a cookie sheet

Reheat

#### **FROZEN meals**

30 minutes

#### **REFRIGERATED meals**

15 minutes or until the internal temperature is at least 165 degrees.

There are a lot of diets out there! As a dietitian working in the field of nutrition for over two decades you would think I had seen them all, yet I stumble upon new ones almost weekly. They surface online, through commercials, or from a client. The diet industry is a lucrative business for a reason, we are all in search of a meal pattern that will produce sustainable results with the least amount of effort.

To be honest, I support most dieting ventures unless there is evidence of direct harm. Dieting is about consistency and long term commitment and that is individualized. I do have an opinion of what components should be included in every meal plan however, that I deem essential. They include fruits and vegetables, protein, healthy fat, and water.

Recent clinical trials have demonstrated a reduction in chronic illness and improved longevity from one diet in particular that evolved from Greece, Italy, and other countries surrounding the Mediterranean Sea. This highly versatile meal plan, also known as the Mediterranean Diet, can be adapted for plant, fish, or meat-eaters alike. Here are the basics:

- # 1 **Fruit and vegetables** – Consume 5-7 servings per day
- # 2 **Protein** – Consume 2-3 ounces at each meal
  - Vegans* – beans, tofu, nut butters, and plant-based milk
  - Vegetarians* – milk, eggs, and any vegan protein source
  - Pescatarian* – fish, seafood, and anything listed above
  - Omnivore* – small amounts of lean meats, not fried
- #3 **Be physical and enjoy meals with others**
- #4 **Water** – Aim for 6-8 cups per day

Notice how this meal plan encompasses the same principles I outlined earlier? The most interesting difference is the incorporation of physical activity and socialization. Diet plans are typically just lists of foods you can and cannot eat. This one reaches beyond food and addresses not only physical activity but also connectivity. We don't often think about this in our busy lives but how many of us eat alone, at our desks, or standing up? Most of us don't take the time to sit down much less seek out others to share a meal with.

Like it or not, we are social creatures, and if COVID taught us anything it is our need for connection. Which begs the question, have you had an opportunity to eat a meal on site yet? If not, this is a perfect excuse to dive back in. It's scientifically proven to be good for you! 😊