



WellNYS
Everyday

WellNYS Daily To-Do

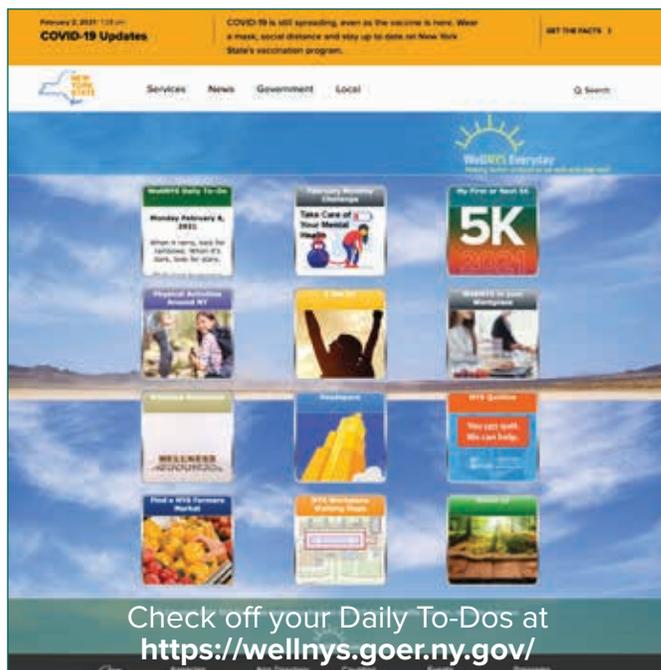
2021 March

Try a new healthy recipe.

In 2021, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the *Go Beyond the Challenge* starting March 22nd.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



APRIL						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

UPCOMING MONTHLY CHALLENGES

April	Take a WellNYS To-Do financial challenge.
May	Move more.
June	Plan 21 fun and healthy things to do this summer.



Once you've completed the To-Do, check the box!

- 1. The Monthly Challenge for March is to try a new healthy recipe. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- 2. Egg white quesadillas are a simple breakfast. Sauté your favorite vegetables. Pour the egg whites over the vegetables and cook until no longer runny. Sprinkle a handful of shredded cheese and place a tortilla on top of the egg white. Flip half of it over so the tortilla makes a semi-circle. Cook each side and enjoy.
- 3. Ground turkey is a healthier choice than ground beef. Turkey has less saturated fat and fewer calories than beef. It's great for taco meat, meatballs, goulash, or turkey burgers.
- 4. Chicken sausage is lower in fat and calories. Cut-up some sausage, onions, and peppers; then, sprinkle it with salt, pepper, garlic powder, and oregano. Bake at 400°F for 40 minutes. Place over fresh spinach and drizzle with balsamic glaze.
- 5. Try power bites. Combine one cup of walnuts, one cup of medjool dates, one quarter cup of unsweetened cocoa powder, one teaspoon of vanilla, and a splash of water. Blend all the ingredients. Press into a pan, then refrigerate. Garnish with unsweetened coconut flakes.
- 6. Place pieces of wild salmon on a baking sheet lined with foil. Cover the salmon with a mixture of four tablespoons of honey and two tablespoons of grainy mustard. Bake at 350°F until just cooked through. Enjoy.
- 7. Sauté sliced mushrooms. Add two beaten eggs and cook over medium heat until done. Top with baby spinach leaves and one slice of chopped bacon. Eat it on your plate or roll it into a wrap.
- 8. To make overnight oatmeal, place one cup of oatmeal in a jar. Add nuts, blueberries, flax meal, vanilla, lemon zest to taste, and the sweetener of your choice (honey, agave, maple syrup). Fill the jar with any type of milk, place the lid on, shake, and refrigerate overnight. Enjoy the next morning right out of the jar.
- 9. Looking for a new vegan recipe for Taco Tuesday? Try cauliflower tacos. Warm up any type of tortilla. Sauté cauliflower in olive oil or bake for 8-10 minutes at 325°F. Add shredded lettuce, vegan cheese, tomatoes, and salsa.
- 10. Cook elbow pasta according to the package. In a sauté pan, place olive oil, garlic, one quarter cup of chopped pancetta (or bacon), three cups of thawed, frozen peas, salt, and pepper. When pasta is done, add it to the sauté pan along with some starchy pasta water to make a sauce. Add parmesan cheese on top and extra virgin olive oil.
- 11. Try this easy Chicken Cordon Blue roll-up. Sprinkle salt and pepper on thinly sliced chicken breasts. Layer one slice of ham and one slice of cheese on each breast. Roll each breast tightly and secure with toothpicks. Dip in egg wash (mix one egg and one tsp. water) and seasoned breadcrumbs. Bake at 400°F for 35-40 minutes.
- 12. Try this delicious green smoothie. Combine one cup of baby spinach, one half banana, one half cup of skim milk, one quarter cup of vanilla Greek yogurt, one teaspoon of creamy peanut butter, and one teaspoon honey in a blender with ice. Blend and serve immediately.
- 13. Toast two slices of multi-grain bread. Spread softened goat cheese on top of each slice. Combine orange marmalade and red pepper flakes (more, if you'd like it spicier). Place on top of the goat cheese and enjoy.
- 14. Turkey is not just for Thanksgiving. It's a great meal and you can make turkey soup, turkey chili, turkey and vegetables, with the leftovers.
- 15. Ask your wellness partner for their favorite healthy recipe.
- 16. Sauté uncooked shrimp in olive oil, until pink. Remove them from pan. In the same pan, sauté two tablespoons of olive oil, one tablespoon of chopped garlic, one 15 oz. can of chopped tomatoes (drained) and one 15 oz. can of cannellini beans (drained). Heat all together; add the cooked shrimp, fresh chopped basil, and sprinkle shaved parmesan on top.
- 17. Looking for a quick lunch or snack? Try rice cakes with low sodium deli turkey and low-fat cheese on top. Put it in the microwave until the cheese melts. Eat it with a mixed green salad.
- 18. Try buffalo cauliflower instead of wings. It's so good, you may never go back to wings! Use the internet search feature to find one of the many recipes available.
- 19. Who likes pizza on Friday? Instead of a thick bread crust, use tortilla shells. Spread tomato sauce, vegetable toppings, and a thin layer of cheese. Bake at 400°F for 10 minutes and it's ready to eat!
- 20. Preheat your oven to 400°F. Cut slices (steaks) of cauliflower and place on a baking sheet. Drizzle with olive oil and bake until golden brown. Mix fresh tomato, garlic, any kind of olives, drained chickpeas, fresh basil, and olive oil to coat slightly. Put cauliflower on the plate and spread the mixture on top adding some feta cheese.
- 21. Sunday is a great day to plan meals for the week ahead. Look over the recipes from the first 20 days of the March Daily To-Do and choose one that looks appealing. Here is the where you can find the recipes. <https://wellnys.goer.ny.gov/wellness-resources.cfm>

GO BEYOND THE CHALLENGE

- 22. Short on time? Add to your bowl bites some quick rotisserie chicken, organic greens, avocado, and any other veggies you have easily available (cucumber, peppers, carrots). If you have time, add cooked quinoa for protein and fuel. Top with olive oil, a squeeze of lemon, salt, and pepper.
- 23. Try this quick smoothie: blend one scoop of protein powder, one half cup of frozen blueberries or strawberries, and one cup of unsweetened almond or rice milk.
- 24. Roasted vegetables are easy and delicious for dinner. Cut up a mixture of peppers, onions, zucchini, broccoli, brussel sprouts, cauliflower, and chopped garlic. Roast for 40 minutes in a 375°F oven until golden brown.
- 25. Chia strawberry jam is delicious on toast. Add one pound of strawberries, and 4 tablespoon of raw honey to a saucepan. Cook until bubbly, stirring constantly. Add 4 tablespoon of chia seeds. Simmer 10-12 minutes. Cool it, pour into jars, cover, and refrigerate.
- 26. Rice and quinoa bowls are a very popular take-out meal, but they are easy and less expensive to make at home. Use either rice or quinoa, a protein (shredded chicken, steak, black beans), onions, pepper, shredded cheese, fresh salsa, and avocado.
- 27. Meet healthy eating goals one at a time! Use the Start Simple with MyPlate app to pick simple daily food goals. Go to: <https://www.myplate.gov>.
- 28. More healthy recipes are available here: <https://www.oswego.edu/campus-recreation/eatwell-bewell>.
- 29. What is your favorite recipe this month?
- 30. Looking for healthy recipes for children? Go to: <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>.
- 31. Today is the last day of March. Go to the WellNYS Everyday website at: <https://wellnys.goer.ny.gov> and **check off the days you participated in the Monthly Challenge.**

NUMBER OF
DAYS COMPLETED