



WellBeing in Action @ RETENTION STRATEGIES

WellBeing In Action *Bulletin*

Body | Mind | Soul



SLEEP YOURSELF TO HEALTH

Sleep is probably one of the most underrated tools to better health.

Concentration deficit, depression, reduced productivity, weight gain and a low immune system are just some of the devastating effects associated with sleep deficiency.

Especially during stressful times like these, it is extremely important to get your 7-8 hours of good and restful sleep each night.

So, in honor of Sleep Awareness Week (March 4-11) here are some great tips to help you adapt good sleeping habits and work those extra hours and arm yourself against burnout and other stress related health issues.

How to sleep right!



Ask Christine

After the hurricanes, I am finally somewhat back to a normal life and would like to start to eat healthier. Do you have any tips on how to change my eating habits? - Andrea

The secrets to changing a habit for good are consistency, gradual changes and to make it fun.

Start with small changes to your usual recipes: Bake instead of frying, replace refined sugars with natural alternatives (coconut sugar, honey, maple syrup or stevia). Make step by step transitions. Start mixing white rice with whole grain and reduce the white rice little by little.

Try a new recipe one or two times a week. Play with herbs and spices. Have fun with it.

And last but not least: Give yourself a break! Slip ups are part of life and happen to all of us. Learn from them so you are prepared when you are confronted with a temptation next time.

Saludos, Christine

MARCH IS NATIONAL NUTRITION MONTH

Just like good sleep, a healthy nutrition can fuel focused concentration, good mood, enhanced productivity, weight control and a strong immune system. And the best way to control your food is by making it yourself:

Good news: Weekly Meal Planning is no rocket science

HOW MANY MEALS DO YOU NEED?

Take a few moments to think about what you have going on in the week ahead. Business lunches, dinners out with friends or family, will affect how many meals you will need in total.



HOW MUCH TIME DO YOU HAVE TO COOK?

This is an important but often skipped element of effective meal planning. You can plan all you want, but if you don't have time to execute it, you won't benefit from it. If you have a busy week coming up, identify the days when you will have time to cook a couple of meals in advance. Look for easy and quick recipes, like the one in our recipe section. Meals you can prepare in the oven are great, because you can do other things while the food is cooking.



PICK AND SCHEDULE DISHES

Consider overlapping ingredients to minimize waste and cooking with a plan for leftovers to make the most of your food budget and time.

Consider creating a master recipe list. Having a list of go-to meals you know work for you and your family is one of the easiest ways to expedite the meal planning process. Every time you find a new meal you love, add it to the master list.



WRITE A GROCERY LIST AND SHOP

Write a list of groceries you need to prepare the meals you want to serve. Look in your freezer, cabinets, and refrigerator and see what you already have and scratch those groceries from your shopping list.



START PREPPING AND COOKING

Chop vegetables, grate cheese, make sauces or otherwise prep what you can in advance, if that's your plan. You can even measure out spices in plastic bags, parboil potatoes and pre-roast vegetables.



Meal Express by Chef Mariposa 30 minutes from start to finish

Each month we feature a special recipe developed or tested by our Chef Mariposa for ease, health and tastiness. You will want to eat it again and again.



Stuffed Peppers

Ingredients:

(for 4 servings)

- ½ cup of quinoa or whole grain rice
- 1 ½ cup of water with a pinch of salt
- 4 red, yellow or orange bell peppers
- 3-4 cups of ground turkey or chicken
- 1 medium onion, finely chopped
- 3-4 garlic cloves, finely chopped
- 5 mushrooms, finely cubed
- 2-3 tomatoes, finely cut
- 1-2 Tbsp. of tomato paste
- 4 Tbsp. parmesan cheese
- Balsamic vinegar (optional)
- Salt and pepper to taste

Preparation:

Add the quinoa/rice and water into a pot and bring to a boil. Turn down the heat and let simmer until the water is absorbed. You can do this in advance to save some time.

Preheat your oven to 350°F.

Cut off the "lid" of the peppers and remove the seeds.

Heat 1 Tbsp. Olive oil in a large nonstick skillet over medium heat. Add the onions and garlic and sauté for about 3-5 minutes.

Add the ground meat and cook until lightly brown.

Add the mushrooms, tomatoes and tomato paste. Mix well and let it cook for another 3-5 minutes.

Combine the meat mixture and the quinoa/rice and stuff the peppers with the mix. Cover with the "pepper lid" and bake for about 20 minutes.

Drizzle with some balsamic vinegar and sprinkle with parmesan cheese.

Meal planning doesn't just put you in a great position to stay true to your healthy eating goals, it can save tons of time, since you can prepare similar ingredients in batches and pre-make elements or even whole dishes for reheating when you have the time.