



WORK RIGHT R E V I E W

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WORKDAY FUEL: QUICK HEALTHY MEALS

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In March, Nutrition Awareness Month aids us in the importance of fueling our body with nutritious things. But sometimes, even when we find healthy and affordable ingredients, we still struggle to find the time to make the meal. Here are 3 healthy recipes (all made in under 15 minutes) focused on different diet types - Pescatarian, Vegan, and Low Carb (Keto) - to make cooking a nutritious meal from home easier. **Scan the QR code to find step-by-step instructions for each recipe!**

Cajun Shrimp with Zucchini Noodles

Time: 15 mins | Serves: 1

- 1/2 lb shrimp
- 1 cup zucchini noodles
- 2 cloves garlic
- 2 tbsp Cajun seasoning
- olive oil
- squeeze of lemon juice



Açaí Bowl

Time: 8 mins | Serves: 1

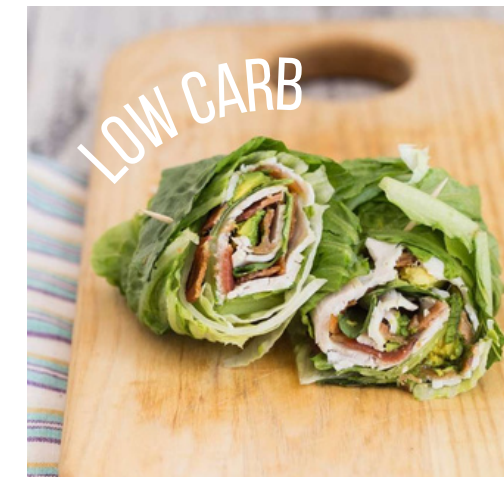
- 1 açaí packet (sold at Trader Joes or Target)
- 1 cup kale
- 1 cup frozen fruit
- 1 tbsp chia seed
- 1/2 banana
- 1/4 cup granola
- 1/4 cup sliced almond
- 1 cup coconut water
- agave nectar to taste



Spicy Cajun Turkey and Cheese Lettuce Rollup

Time: 8 mins | Serves: 1

- Head of romaine lettuce
- Cajun turkey deli meat (or your choice of deli meat)
- Sliced cheese (pepper jack is my preference)
- 2 tbsp Mayo
- Louisiana hot sauce to taste



WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

