

March is Nutrition Month

Eating Well 9 to 5

Eating well can help you work better and feel great. A rushed morning without breakfast, the same boring lunch and a long drive home can make eating well challenging. Here are a few simple and quick ideas to help spice up your daily routine.

Make breakfast a breeze

Missing breakfast can leave your body and brain low on energy and lacking focus and concentration. Try these quick breakfast ideas:

- Warm up leftover brown rice or quinoa topped with nuts and a banana for a quick meal.
- Make your own breakfast sandwich with a whole wheat English muffin, egg, cheese, lettuce and tomato.
- Sprinkle granola on yogurt and grab an apple on the go.
- On a less busy day, bake and freeze whole grain muffins or pancakes for a quick meal on the go later in the week.



Think outside the lunch box

Sandwiches can get boring. Invent a few lunchbox favourites like the following:

- A wrap with leftover chicken, avocado, lettuce and cheese.
- Black bean or lentil dip with crackers and carrot sticks.
- Leftover roasted vegetables + feta cheese + lentils + a drizzle of olive oil and balsamic vinegar = savoury dish that's tasty hot or cold

Fill the gaps with healthy snacks

Pack a snack for the afternoon before your ride home so you aren't over hungry when you get home. A handful of grapes and a piece of cheese or whole grain crackers with peanut butter or tuna and veggie sticks can help to fill the gap between lunch and supper. If you wait too long to eat, you may overeat later on. Before heading home, fill up your water bottle. Staying hydrated can help you feel refreshed and energized.

5 Minute Lentil Dip (Recipe Courtesy of: Healthy [U<http://www.healthyalberta.com/>](http://www.healthyalberta.com/))

1 can, 19 oz (540 ml)	Lentils, rinsed and drained
1/2 cup or 125 ml	Ranch dressing, low fat
1 tsp or 5 ml	Hot curry powder
2	Garlic cloves

Directions

1. Place lentils, ranch dressing, curry powder and garlic cloves into a food processor or blender. Blend to desired consistency.
2. Dip with vegetables and whole grain pita bread or crackers.

Check out more recipe ideas <http://www.healthyalberta.com/recipes.htm>



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