



## Events this Week

### QUICK TIPS TABLE

#### Move Outdoors!

Stop by our table for tips on a variety of activities to keep you moving outdoors in the nice weather.

#### Friday, April 18:

11:30am – 1:30pm  
Cafeteria

#### Spring Training!

Get your week 6 activity sheet for our Spring Training challenge at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) or in the Step Ahead information center in the main corridor. Keep up the good work!

#### Discounts to UMass Memorial employees!

Wachusett Mountain

YWCA, Salem Square,  
Worcester (co-ed  
fitness facility)

World Gym in  
Shrewsbury and  
Worcester

Sneakerama, Lake  
Avenue South,  
Worcester

Step Ahead can come to you! Schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).

## What's in Your Lunch bag?

Get the most from your lunch! Bring your lunch to work to save on calories and money. Research shows that the amount of food, fat and calories people eat increases the more they eat out. Eating out includes those lunches not made at home. With some planning, you can quickly put together a great lunch to enjoy at work.

#### Plan ahead and keep it simple:

Time can be tight in the morning. When you make dinner, make enough for lunches over the next few days:

- Make an extra piece of chicken, fish or grilled veggies for a sandwich or salad the next day.
- Make enough salad for a lunch or two during the week.
- Keep your lunch hot in a thermos or cold in a refrigerator or with an icepack, until you are ready to eat.

#### Have the right ingredients on hand:

- Keep a variety of whole grain breads, pitas and wraps in your freezer.
- Jarred roasted peppers, artichoke hearts, pepperoncini, and pickles are low in calories but full of crunch and flavor.
- Flavored vinegars, mustards and sauces

are low in fat and high in flavor.

- Keep a few bean dips on hand like hummus, black bean dip and white bean dips.

#### Think outside the usual lunch box menu:

- Veggie burgers, smoked or grilled turkey and chicken breast, canned or smoked salmon, or almond butter can give variety to your lunches.
- Look at the Step Ahead website for interesting and refreshing recipes to add zip to your lunch box. Here are some ideas:
  - Heavenly deviled eggs
  - Chicken pasta pesto (Make it for dinner and have a great lunch the next day!)
  - Tuscan tuna salad
  - Broccoli apple salad
  - White bean dip with cut veggies and whole grain crackers.
  - Spinach red pepper crustless quiche
  - Spicy black bean, corn and chicken salad
  - 15 minute garlic lemon chicken

Follow this link for these and lots of other great recipes from Step Ahead!

<http://www.stepaheadprogram.com/Step%20Ahead%20recipe%20page.htm>

References: [www.webmd.com/diet/guide/brown-bag-lunches-that-make-grade](http://www.webmd.com/diet/guide/brown-bag-lunches-that-make-grade);  
[www.intelihealth.com](http://www.intelihealth.com)

## Recipe of the Week

### 15 Minute Garlic Lemon Chicken

So quick and so good. Leftovers good on a salad the next day.

Recipe makes 4 servings

4 boneless skinless chicken breast halves  
4 teaspoons whole wheat flour  
Salt and pepper  
2 teaspoons olive oil  
1/2 cup chicken broth  
1 teaspoon minced garlic (or more to taste)  
2 teaspoons lemon juice  
1 teaspoon Smart Balance or Promise  
Buttery Spread

- Flatten chicken slightly. Dust with flour. Salt and pepper chicken.
- Heat olive oil in medium skillet. Cook chicken 5 minutes each side. Remove chicken from pan, put on clean plate.
- To pan add broth, garlic, lemon juice and butter. Cook 2 minutes. Pour over chicken.
- Serve over brown rice.

#### Nutritional Information:

Calories: 174  
Total Fat: 4.9g  
Saturated Fat: 1.3g  
Sodium: 179mg  
Total Carbohydrate: 2.5g  
Protein: 28.2g

## Tip of the Week

Start your own winning streak! See how many days in a row you can get 30 minutes or more of physical activity.