

NEW YEAR NEWSLETTER

Let's kickstart the 2024 year with some healthy habits! Monday - Friday, for the month of January, you will receive daily tips, tricks, and recipes on how to improve your overall health and well-being daily. Here's to a new year of a healthier you!



HYDRATION WEEK

Getting enough water each day is important for your overall health. Drinking water can prevent dehydration, help keep your body at normal temperature, lubricate and cushion your joints, aide in maintaining healthy blood pressure, is essential for kidney function and so much more!

Quick Tip:

**One “glass”
is equal to 8
ounces of
water.**

HOW MUCH WATER SHOULD I DRINK?

There are so many different recommendations out there on HOW much water we should be drinking daily, but how are we to know what's right?

A persons age, gender, weight, activity level, and much more all factor into how much water we should drink in a day. The Institute of Medicine (IOM) recommends that men drink 13 cups per day and women drink 9 cups per day.



TIP TUESDAY

- **Drink a full glass of water upon waking each day to rehydrate your body after a long nights rest**
- **Bring a water bottle with you for meetings, errands, walks, etc.**
- **Drink a glass of water before each meal**
- **Purchase a water bottle that gives you a visual aide of how much you've drank**
- **Add lemon, lime, or other fruits to add flavor**
- **Set a reminder on your phone or calendar so you don't forget**
- **Order water when eating out (saves on your overall bill too!)**
- **Track your water intake using an app like MyFitnessPal**





**ELECTROLYTE
BOOSTER**

RECIPE WEDNESDAY

Skip the sugar-filled sports drinks and make your own, healthier version at home!

Did you know that when Gatorade was originally created, it was mostly a salt drink? Today, just 12 oz of Gatorade has over 40% of your daily value of added sugars, and only 7% sodium.

Water and electrolytes are foundational for energy productions in our bodies. Even being mildly dehydrated negatively affects our energy levels, mood, reading speed, and mental work capacity. So drink up!

TIPS AND TRICKS

Switch up the grapefruit with lemon or lime juice and utilize some liquid stevia to keep it truly low-glycemic

Ingredients

2 cups water
1/3 cup grapefruit juice
1 tbsp raw honey
1/4 tsp Himalayan salt, Celtic salt, or other high quality salt

Combine the water, juice, honey, and salt in a jar with a tight fitting lid. Shake to combine. Enjoy!



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January 3, 2024

CAN'T KICK THE SODA??

Soda, juice, and other high sugar drinks provide strong stimulation to your brains reward system, which kicks our cravings into high gear. If going cold turkey isn't for you, try a few of the tips below to start reducing your sugary drinks.

- Change your mindset: don't think of it as taking away something, think of it as adding something else in
- Have a sweet snack instead; try eating an apple with nut butter or yogurt with fruit
- Start small - replace one soda or juice a day with a glass of water
- Dilute your drink by adding in water, or for a "fancy" feeling, add sparkling water



EAT THE RAINBOW

When you think of hydration, you probably only think about drinking water. But did you know that 20% of the water in our diets comes from the foods we eat? Specifically, fruits and veggies.

Add these fruits and vegetables to your diet that have a high water content:

- **Melons** (*watermelon, honeydew, cantaloupe*)
- **Strawberries**
- **Pineapple**
- **Peaches**
- **Oranges**
- **Grapefruit**
- **Lettuce**
- **Celery**
- **Zucchini**
- **Cabbage**
- **Cucumber**
- **Tomatoes**
- **Bell Peppers**



NEW YEAR NEWSLETTER

MOVEMENT WEEK

Physical activity is anything that gets the body moving. According to the CDC, each week adults need at least 150 minutes of moderate-intensity aerobic physical activity and 2 days of muscle strengthening activity.

What counts as aerobic activity?

Moderate-intensity can be such things as walking fast, doing water aerobics, riding a bike on level ground or with few hills, pushing a lawn mower. Vigorous-intensity would be activities such as jogging or running, swimming laps, riding a bike fast or on hills, playing basketball.

What counts as muscle-strengthening?

Look to work all major muscle groups - legs, back, chest, abs, shoulders, and arms. Muscle strengthening isn't just about lifting weights. You can also use resistance bands, body weight exercises (push-ups, sit-ups, squats), heavy gardening (e.g., digging, shoveling), and even some forms of yoga!

Quick Tip:

**Aim for 30
minutes a day,
5 days a week
to hit that 150
goal**

AIM TO MOVE MORE AND SIT LESS

Some is better than none.

Start small if you aren't used to physical activity. It's a great idea to slowly work your way up to either more time of one activity or work up to more challenging ones.

Always consult your physician before beginning any type of physical activity.

CARDIO DOESN'T HAVE TO BE HARDIO

UGH, cardio.

You're probably thinking "ugh, but I HATE cardio!" But cardio doesn't always mean going out and running a marathon.

Aerobic exercise is any type of cardiovascular conditioning, aka "cardio." By definition, aerobic exercise means "with oxygen." Your breathing and heart rate will increase during aerobic activities. Aerobic exercise helps to keep our heart, lungs, and circulatory system healthy, and there is both moderate and vigorous-intensity activity.

How do I know the intensity of my aerobic activity?

Use the Talk Test! If you can talk, but not sing the words to your favorite song, you're probably completing a **moderate-intensity activity**. If you aren't able to say more than a few words without pausing for a breath, you're in a **vigorous-intensity activity**.

COMMITTEE MEMBER SPOTLIGHT

Whitney Crull, committee member

"As a Peloton fan, I follow @hcotf23018 (Hard Core on the Floor) on Instagram. It provides a framework and plan of strength classes to take each day that coincide with Peloton classes. It takes the guess work out of it!"





≈ 20-MINUTE
WORKOUT ≈

“RECIPE” WEDNESDAY

4 ROUNDS | 45-SECS WORK |
15 SECS REST AFTER EACH EXERCISE

Round 1 | Warm Up

Hip Rotations
Knee Lifts
Plank Walk Outs
Alternating Lateral Reach

Round 3 | Legs

Squats
Lateral Lunges Right
Lateral Lunges Left
Alternating Front Lunge

Round 2 | Arms

Chair Dips
Arm Circles
Pushups
Renegade Row

Round 4 | Abs

Bicycle Crunches
Dead Bug
Leg Lowers
Crunches

MODIFICATIONS

If you are new to working out, do this workout with just your bodyweight! Add some dumbbells if you're a little more experienced

DON'T FEAR THE RESISTANCE

Muscle and strength training doesn't always mean lifting heavy weights. Body weight exercises are an easy way to begin your strength training journey, but what happens when you're ready for more? Grab some resistance bands and try these moves!



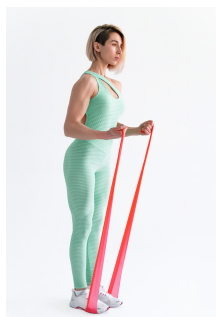
Squat Walk

- Loop (or tie) your resistance band around your mid thigh
- Lower into a squat position
- Step your left leg out to the left while keeping your right leg stationary
- Step your right leg in to the left while keeping your left leg stationary
- Repeat by stepping in and out for 20 reps



Bent Over Row

- Bring your left foot forward and place your resistance band under the middle of your left foot
- Grab each end of your band with your right hand
- Gripping firmly, pull the band towards your rib cage
- Slowly lower back to your starting position
- Repeat for 10 - 12 reps



Bicep Curl

- Stand with your resistance band under the balls of your feet
- Grab each end of your band starting at your sides
- Gripping firmly, raise your hands up to your shoulders
- Slowly lower back to your starting position
- Repeat for 10 - 12 reps



SOCIAL MEDIA FRIDAY

We all know that exercise is important, but what about stretching? Research shows that stretching can help improve the flexibility of your muscles, which as we age gets harder and stiffer. Having longer and more flexible muscles may:

- *Increase your range of motion*
- *Reduce your risk for muscle and joint injury*
- *Reduce joint and back pain*
- *Improve your balance, thus reducing your risk of falling*
- *Improve your posture*

COMMITTEE MEMBER SPOTLIGHT

Samantha Crossley, co-chair

“I love @DocJenFit for all things movement! She’s a Doctor of Physical Therapy and has real, practical ways to move our bodies optimally. She’s has a podcast and is on Instagram and YouTube so you can follow along with workouts, stretches and more!”



**End your day
(in bed!) with this
8-minute Evening
Bed Mobility Flow
from @DocJenFit**

Open the PDF to click on direct links!



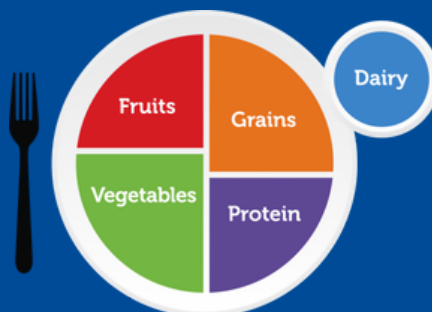
NEW YEAR NEWSLETTER

NUTRITION WEEK

It's easy to feel bombarded by the latest healthy eating trend, diet, or buzzworthy ingredient. But good nutrition really boils down to consistently choosing healthy foods and beverages.

Keep It Simple

Focus on real, whole foods and limit the ultra-processed foods as much as possible. [MyPlateMyPlate.gov](https://myplate.gov) can give you a great starting point on how to build your daily food intake based off of your age, gender, height, weight and physical activity.



Ultra-processed foods make up nearly 60% of adult and 70% of kids diets in the U.S.

-- pubmed.gov

Quick Tip:

Shop the perimeter of the grocery store as much as possible

Make Small Changes to Start

You don't need to tackle everything all at once - set one goal to focus on at a time.

For example: try to increase the variety of vegetables by adding one new vegetable per week to your diet.

Be Prepared to Try Different Things

We are all unique - what works for one person might not work for you. You might need more carbs than your neighbor or even your sibling!

80/20 Rule

Live by the 80/20 rule - make choices that are good for you 80% of the time and enjoy life the other 20% of it!

MEAL PREP YOUR WAY TO SUCCESS!

Use the below tips to help with meal prepping each week:

1. Pick **1 meal** to prep for the week (breakfast, lunch, or dinner)
2. Choose 1 **protein**, 1 **vegetable**, and 1 **carb** to complete your meal - you don't need to be fancy!
3. Have containers at the ready. **TIP:** use glass containers to prevent BPA/microplastic exposure

Quick & Easy Lunch Idea:

Protein: Chicken

Vegetable: Broccoli

Carb: White Rice

Cook all three with a little bit of low-sodium soy sauce, flavor to taste, and you've got an easy, healthier version of Chinese food!



DOES MEAL PREP SOUND INTIMIDATING?

Try micro-prepping!

Instead of spending multiple hours in one day to try and meal prep for the entire week, try “microprepping”: make additional portions of what you’re already making and eat leftovers for lunch; chopping up veggies for lunch? Chop up a few more and store for easy snacking; making dinner one night? Use the already hot oven to cook veggies or proteins throughout the week, etc. It doesn’t have to be hard! Make your time work for you and your busy schedule!



= SALMON FRIED RICE !=

Original recipe from
Skinny Taste

RECIPE WEDNESDAY

Ingredients

4 oz salmon
1 tsp sesame oil
1 large scallion, thinly sliced
1/2 cup cooked cold rice
3/4 cup cauliflower rice
1 large egg, beaten
1/2 tbspn soy sauce
Sriracha, optional for serving

Instructions

- 1) Cook salmon in a skillet for about 5 mins on each side. Set aside and flake into small chunks. Wipe the skillet.
- 2) Heat 1/2 tsp of oil in the skillet. Add scallion whites and cook for 1 minute
- 3) Add the rice in an even layer. Cook without stirring, 2 to 3 mins, or until the bottom becomes slightly crispy. Add cauliflower rice and continue to cook, stirring occasionally, 2 to 3 mins.
- 4) With a spatula, push the rice to one side of the skillet and crack the egg into the other side
- 5) Cook, constantly stirring the egg until cooked through. Mix the rice, cauliflower and egg to combine. Stir in the soy sauce and remaining oil.
- 6) Gently fold in salmon (or protein of choice) and toss. Serve with scallion greens and sriracha if desired.

COMMITTEE MEMBER SPOTLIGHT

Joni Eisenhauer,
committee member

“Many of my favorite recipes come from Skinny Taste. You can sign up to receive sample meal plans using the recipes on the website, which has hundreds of recipes. Recipes are searchable by diet type and courses. Best part - all ingredients can be easily found in any grocery store!”

MODIFICATIONS

Don't like fish? Try subbing in any protein - chicken, pork, or even tofu!

SUGAR, AH HONEY HONEY

Why lowering our sugar intake is a benefit for everyone

Too much sugar in your diet can contribute to weight gain, obesity, type 2 diabetes, and heart disease. Certain foods such as fruit and milk contain natural sugars, but added sugars provide no nutritional value to our diets. Some researchers are even calling Alzheimer's disease is caused by a type of insulin resistance in the brain. The CDC says to try to limit added sugars as much as possible, but to **aim for less (or much less!) than 50 grams of added sugar per day.**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutritional Labels & Added Sugar

5% DV or less of a nutrient per serving is considered *low*

20% DV or less of a nutrient per serving is considered *high*

Added sugars include sugars that are added to foods and drinks - and foods packaged as sweeteners, such as table sugar, syrups, and honey. Added sugars are in foods and beverages such as:



- Granola & protein bars
- Flavored yogurt
- Breakfast cereals
- Foods labeled "low carb"



- Soda
- Sweetened coffee & tea
- Energy or sports drinks
- Flavored milk

How can I cut down on added sugars?

Small changes make a big difference! Try these healthy swaps:

- Instead of soda, drink water, sparkling water, or unsweetened tea
- Instead of sugary cereal, try plain oatmeal with whole fruit
- Replace the candy dish with a fruit bowl
- Swap flavored yogurt with plain yogurt and add whole fruit or nuts

Take small steps to cut back:

- Make your own coffee or order plain coffee - skip the flavored syrups and whipped cream. Ask for low-fat, fat-free, or whole milk or an unsweetened, fortified soy beverage. Or get back to basics with black coffee!
- Enjoy a smaller serving of desert - or share with a friend

SOCIAL MEDIA FRIDAY

COMMITTEE MEMBER SPOTLIGHT

Samantha Crossley, co-chair

“I have members on both sides of my family who suffer from diabetes, so I actively take steps to reduce my own sugar intake. I follow @GlucoseGoddess on Instagram for tips on ways to reduce my glucose spikes without giving up foods I love!”



5 Easy Ways to Reduce Blood Sugar Spikes

According to
@GlucoseGoddess

1) Put “clothes” on your carbs

Putting “clothes” on your carbs means adding protein, fat or fiber to starches, as this reduces the speed of glucose absorption in the body. Avocado toast anyone?

2) Have a savory breakfast

A savory breakfast is composed of protein (as the centerpiece), fat, fiber and optional starches. Nothing sweet except (optional) whole fruit for taste. Try eggs with breakfast sausage, paired with Greek yogurt topped with blueberries!

3) After you eat, move

After your meals, use your muscles for 10 minutes to reduce the glucose spike of the meal. Take a walk, clean up the kitchen, do a few air squats - just get moving!

4) Vinegar

About 20 minutes before a meal, add 1 tbsp of vinegar to a tall glass of water, or as a salad dressing!!

5) Eat foods in the right order

Eat your fiber first, then protein and fats, then finish with starches and sugars

**Follow
@GlucoseGoddess
on Instagram,
check out her
website, or book!**

Open the PDF to click on direct links!

NEW YEAR NEWSLETTER

MENTAL HEALTH WEEK

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. More than the absence of a mental illness, mental health is essential to our overall health and quality of life.

UTILIZE THIS FREE TOOL AND DO A CHECK-IN ON YOURSELF

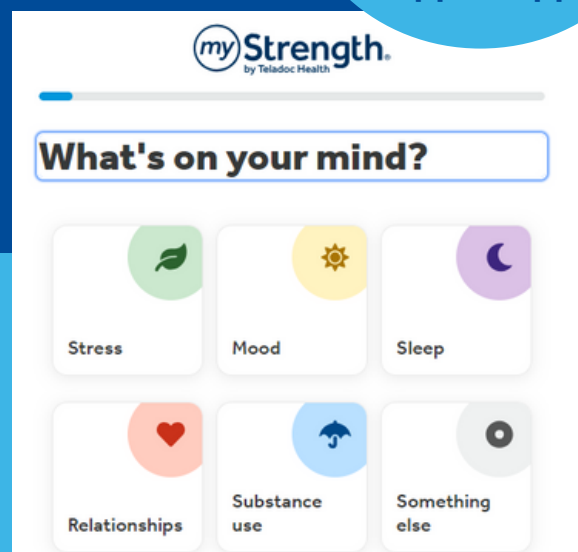
Sign up for myStrengths

When you're sick, you go to the doctor right? Why not do the same for your mental health. For employees who are on the College's healthcare plan, you have free access to myStrengths, where you can use web or mobile tools to help you get better and stay mentally strong. It offers personalized resources to improve your mood, and help to strengthen your mind, body, and spirit. You'll receive evidence-based support for many types of emotional and physical challenges like reducing stress, improving sleep, managing anxiety, and more.

Quick Tip:
Sign up for
myStrength,
WellSpan's
emotional health
support app!

Sign up today - it's free!

1. Visit www.mystrength.com and click "Sign Up."
2. Enter the Access Code: **WPH202**
3. Complete the myStrength sign-up process and personal profile.



4 STEPS TO MENTAL WELLBEING

1. Connect With Other People

Good, healthy relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

2. Be Physically Active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

3. Learn New Skills

Take up a DIY project, or start to learn a new language! Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

4. Pay Attention to the Present Moment

Try paying more attention to the “now”. This includes your thoughts and feelings, your body and the world around you. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.



CHERRY FROZEN YOGURT POPS!

*Original recipe from
Eat Smarter: Family
Cookbook*

RECIPE WEDNESDAY

Ingredients

2 c frozen pitted cherries
2 tsps, plus 2 tbsp raw honey
1 tbsp water
2 c whole milk Greek Yogurt
1/2 tsp vanilla extract
3/4 c graham cracker crumbs

MODIFICATIONS

You can use any berry you like in place of cherries, but you may need to adjust the amount of honey you use

COMMITTEE MEMBER SPOTLIGHT

Instructions

- 1) Combine the cherries, 2 tsps of honey, and water in a small saucepan. Bring the mix to a simmer, then cook gently for about 5 mins, until the cherries are warmed and softened. Crush the cherries, breaking them into small pieces, then set aside to cool for at least 5 minutes.
- 2) In a large bowl, whisk together the yogurt, the remaining 2 tbsp of honey, and the vanilla extract. Fold in the cherries, being careful not to overmix so you get some nice swirls.
- 3) Pour the mixture into 8 popsicle molds and sprinkle the graham cracker crumbs overtop. Add popsicle sticks, transfer to the freezer, and let sit for at least 4 hours to firm up.

Samantha Crossley, co-chair

“Who doesn’t love a sweet treat?! I read the original “Eat Smarter” book at the beginning of 2021 and learned so much from it! When I heard Shawn Stevenson was then also releasing a cookbook, I immediately pre-ordered it. He not only gives you 100 recipes but talks about the ingredients and the science behind why they are such a good addition to your diet (over 120 studies are referenced!). I know I’m making healthier choices for my family - even my 1 year old loves these yogurt pops!”

SELF CARE ISN'T SELFISH

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Do what makes YOU feel good, but if you need some inspiration, below are some ideas to help you get started:

Take a hot bath or a shower

Listen to a podcast or audiobook

Write down 5 things you are grateful for

Try out an adult coloring book

Put on an outfit that makes you feel good

Light your favorite candle

Watch your favorite movie or TV show

Take a nap or lie down for a bit

Organize or rearrange your space

Go for a drive (no destination required!)

When to seek professional help

Don't wait until your symptoms are overwhelming. Seek help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities



SOCIAL MEDIA FRIDAY

Yoga is not only a great form of movement for our bodies, but also for our minds. The National Institutes of Health states that scientific evidence shows that yoga supports:

- *Stress management*
- *Mental health*
- *Mindfulness*
- *Burnout prevention*
- *Healthy eating*
- *Weight loss*
- *Quality sleep*
- *Flexibility*



COMMITTEE MEMBER SPOTLIGHT

Joni Eisenhauer, committee member

“Yoga with Adriene is great! She puts out a monthly calendar that coincides with new videos on her YouTube channel. Although there are paid memberships, there’s no need to pay – there’s tons of her content completely free! Yoga for all levels and just about anything that’s going on (i.e. migraines, travel, upper back tightness, prenatal/postpartum, lunch break, and sooo much more). I always feel better after a session...she has a dog (Benji) that makes appearances so that’s a fun surprise!”

**Start your
morning with a
quick 10-minute
yoga flow with
[@adrienelouise](#)**

Open the PDF to click on direct links!



NEW YEAR NEWSLETTER

HOW TO CONTINUE HABITS

Forming new habits takes time. Use the three below tips to help them stick!

Focus on the process, not the goal

Set a schedule to operate by rather than a deadline to perform by. Instead of giving yourself a deadline to accomplish a particular goal and then feeling like a failure if you don't achieve it, you should choose a goal that is important to you and then set a schedule to work towards it consistently.

Make it social!

Have an accountability partner who will work towards your goals with you and motivate change. Find someone you trust to be your accountability partner and talk to them about your goals. Maybe their goals are different than yours, but then you can get two for the price of one!

Try habit stacking

Rather than pairing your new habit with a particular time and location, you pair it with a current habit. For example: while I brush my teeth, I will do 10 calf raises; after I pour my morning cup of coffee, I will set my intention for the day; after I eat my lunch, I will take a 10 minute walk, etc. You can also turn them into more general habits: when I see a set of stairs, I will take them instead of the elevator; when I serve myself a meal, I will always put veggies on my plate first; when I buy something new, I will give something away, etc.

Quick Tip:

**Add reminders
or meetings to
your calendar
to help you
stay on track**

YOU ARE YOUR BIGGEST ADVOCATE

COMMITTEE MEMBER SPOTLIGHT

Jess Frontz, committee member

“Invisible illness makes life hard. I learned through the challenging diagnosis of my autoimmune disorder the benefit and value in being my own health advocate. Below are a few tips that helped me successfully navigate our healthcare system:”

1. Listen to your body.

Slow down and pay attention. Has something changed in how your feeling? Is it significant, impacting your daily activities and quality of life? Start recording it.

2. Schedule an appointment with a trusted healthcare provider.

Build a good healthcare team of practitioners you trust. Gather all details on symptoms, medications, supplements, lifestyle factors, etc. to discuss; be open and honest.

3. Do your homework.

Research symptoms, conditions, treatment options and also be familiar with family history as much as possible prior to appointments. Have some ideas to share with your healthcare provider(s).

4. Ask questions and take notes.

Be sure you fully understand diagnoses and treatment plans.

5. Not satisfied? Follow up or seek another opinion.

Trust yourself. Do not fear a follow up or seeking another opinion. Consider alternative medicine/therapies.



= "CHEESESTEAK" BAKE !=

Original recipe from
Mealime

RECIPE WEDNESDAY

Ingredients

4 cloves garlic
1 green bell pepper
2 red bell peppers
1 bunch parsley
8oz grated Mozzarella
1 1/2 lbs ribeye steak
1 lb white mushrooms
1 yellow onion
Unsalted butter
Salt
Pepper
Dried thyme to taste

Instructions

- 1) Preheat oven to 425 degrees
- 2) Slice the peppers into thin strips; Slice mushrooms into 1/4 in thick pieces, transfer to a large baking sheet
- 3) Peel and mince garlic; slice onion into thin strips. Add both to sheet pan and toss to mix
- 4) Take 2 tbsp butter, cut into small pieces and sprinkle over the veggies; season with salt and pepper
- 5) Place veggies in the oven and bake, stirring halfway through for about 15-18 minutes, or until tender
- 6) Preheat a large skillet over med-high heat; pat the steak dry and place on a plate. Season with spices on both sides (salt, pepper, dried thyme)
- 7) Once pan is hot, add 2 tsp of butter and melt. Add steak and cook until desired tenderness
- 8) Remove veggies when done and turn oven to broil
- 9) Thinly slice steak; arrange slices over top the roasted veggies and top with sprinkled cheese
- 9) Return to oven for 1 minute until cheese is melted. Remove from oven, top with parsley to enjoy!

COMMITTEE MEMBER SPOTLIGHT

Whitney Crull, committee member "I love the app 'Mealime'! You can set your eating preferences and get free recipes and build your meal plan for the week. The app then builds your shopping list based on the recipes you choose. This recipe is a staple in our house!"