

Make ideas happen



Grill and Chill

Summer is synonymous with grilling, and most foods are made better by an open fire. Here are a few essential methods to whip up healthy and flavorful recipes on the grill, all summer long.

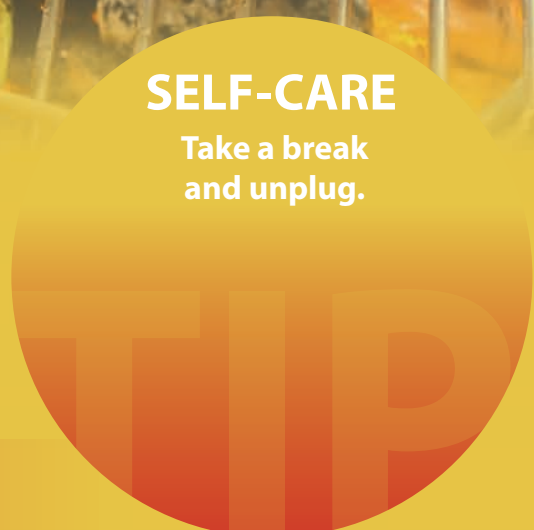
Foil Packs: Lay a large sheet of heavy-duty foil on a flat surface. Put ingredients in the center of foil. Bring the ends of foil together, fold the sides to seal. *Try:* Fish, shell-fish, vegetables, rice, potatoes, olive oil, seasoning blends.

Marinade: Use the formula: 1 part acid + 2 parts oil + seasonings. Combine then add meats and/or vegetables and refrigerate. *Acid:* citrus juices, wine or vinegar. *Oil:* extra virgin olive. *Seasoning:* fresh and dried herbs, spices, garlic, onions, hot pepper flakes.

Kabobs: If using bamboo or wooden skewers soak your sticks in water for 30 minutes before grilling. Cut your ingredients to the same size so everything cooks at the same rate. *Try:* Meats, vegetables and fruits.

SELF-CARE

Take a break and unplug.



CHALLENGE: DRINK AT LEAST 8 GLASSES OF WATER PER DAY.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

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<p>June 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p>August 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					 <p>GRILLED PORTOBELLO MUSHROOMS</p> <p>5 whole Portobello mushrooms • 1 tbsp. Olive oil 1 tbsp. balsamic vinegar • Salt and pepper 1 tsp. minced garlic</p> <p>Place mushrooms and ingredients in a container and marinate in refrigerator for up to 2 hours. Preheat grill to high and grill mushrooms 5 minutes on each side.</p>	1	2	3
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Independence Day

International Friendship Day