



The
PTI BUZZ
Carol Kur, MSRD

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Tired of agonizing over dinner? Here are some easy and healthy ideas to end the frustration.

Grilled fish, baked sweet potato and sauteed broccoli

Low fat turkey and bean chili

Baked chicken with brown rice and steamed asparagus

Turkey or chicken meatballs with whole wheat pasta and Edamame

Steak fajitas with a whole wheat tortilla, peppers, onions, and salsa, canned black beans on the side

Lasagna roll-ups with ground turkey and spinach

Season as you like and keep it simple.

Burn up to 100 calories :Stand up when you're on the phone and step from side to side for your full conservation.Of course, the more you talk the more you burn!!!!

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