

TIP OF THE WEEK:

Call an old friend. Time passes so fast! Before you know it, it's been "years" since you last spoke to so and so.... Give them a call. Even if it's just voicemail, you'll be happy you did.

Mediterranean Tuna-Spinach Salad

Ingredients:

- 1 1/2 Tbsp tahini
- 1 1/2 Tbsp lemon juice
- 1 1/2 Tbsp water
- 1 5 oz can of light chunk tuna in water, drained
- 4 Kalamata olives, pitted and chopped
- 2 Tbsp feta cheese
- 2 Tbsp parsley
- 2 cups baby spinach
- 1 medium orange, peeled or sliced

Instructions:

1. Whisk tahini, lemon juice and water together in a bowl. Add tuna, olives, feta and parsley; stir to combine.
2. Serve tuna salad over 2 cups of spinach and orange on the side.



Pop's Ice Cream - Grandin



It doesn't matter how cold it is outside.... Sometimes you still want a little bit of ice cream. A great local option in Roanoke is Pop's. Head over to Grandin and grab a scoop. While you're in Grandin, you can check out the shops or the movie theatre there too.

<https://www.facebook.com/popsicecream/>

Exercise What You're Learning

IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.

IF NOT
YOU'LL FIND
AN EXCUSE



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Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.

Images from: skinnytomuscle.com; barbellexercises; makeoverfitness; fitnessrevolution

Wellness Weekly Challenge

Goals. Do you think about making them? Select 1 thing you could do to help yourself be more successful in 2017 and write below 3 action items you need to put into place to achieve that goal.

- 1.
- 2.
- 3.

Night at Home - Shrimp Ceviche

Ingredients:

- 2 quarts water
- 1/4 cup kosher salt
- 1 lb raw shrimp, peeled and deveined
- Juice of 2 lemons
- Juice of 2 limes
- Juice of 2 oranges
- 1 cup diced seeded peeled cucumber
- 1/2 cup finely chopped red onion
- 1 cup diced seeded tomato
- 1 avocado, chopped into 1/2 inch pieces
- 1 Tbsp chopped cilantro leaves
- 1/4 cup extra-virgin olive oil
- 1/4 tsp kosher salt

Directions:

1. Combine water and 1/4 cup salt in a large saucepan; bring to a boil over high heat. Add shrimp and immediately turn off the heat. Let the shrimp sit until just cooked through, about 3 minutes. Transfer to a cutting board until cool enough to handle, about 10 minutes.
2. Chop the shrimp into 1/2 inch pieces and place in a medium nonreactive (stainless-steel, enamel-coated or glass) bowl. Add lemon, lime and orange juice. Stir in cucumber, onion and chiles. Refrigerate 1 hour.
3. Stir tomato, avocado, chopped cilantro, oil and 1/4 tsp salt into the shrimp mixture. Let stand at room temperature for 30 minutes before serving. Garnish with cilantro leaves, if desired.
4. Step 2 can be done up to 4 hours early.

