

## Cutting back on eating out this year?

A slow cooker is a great way to have a healthy dinner ready with minimum effort.

### Slow Cooker Cilantro Lime Chicken

#### Ingredients

- 3 boneless skinless chicken breasts
- 1 can tomato sauce (15 oz)
- 1 bunch fresh cilantro torn apart
- 1 lime juiced
- 1Tbsp Chili Powder
- 1 Tbsp Cumin
- Garlic powder to taste
- Salt and pepper to taste



Place chicken in slow cooker.

Dump in seasonings (including cilantro) and lime juice.

Pour tomato sauce on top.

Cook on low 6-8 hours or high 3-4 hours. (If it will be cooking longer than 8 hours due to work, add 2/3 cup of water).

Shred Chicken and serve over rice.

## NEW YEAR, NEW HEALTH GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Closed to observe New Year's Day</b> <i>Happy New Year 2024</i>	2 <b>Better Eating Habit: Read ingredient labels</b>	3 International Mind Body Wellness Day 	4	5 	6
7	8 <b>National Clean off your Desk Day</b> <i>Start the year off with a clean work area and try to keep it that way.</i>	9 <b>Law Enforcement Appreciation Day</b> 	10 <b>National Take the Stairs Day</b> 	11 <b>New Exercise Goal: ALWAYS TAKE THE STAIRS!</b>	12	13 <b>Better Eating Habit: Eat your veggies first!</b>
14	15  <b>Closed to observe MLK Day</b>	16	17 <b>Customer Service Day</b> 	18 <b>New Exercise Goal: Try one new work out a month to mix things up!</b>	19 	20
21 <b>National Hugging Day</b>	22 <b>Healthy Weight Week</b>	23 <b>Better Eating Habit: Eat Slower! You will fill up faster!</b>	24 <b>National Compliment Day</b> <i>It takes no energy to give someone a compliment</i>	25	26 <b>New Exercise Goal: Get a workout buddy for accountability!</b>	27
28 <b>New Exercise Goal: Do something active every week that calms you!</b>	29	30 <b>Better Eating Habit: Don't skip breakfast!</b>	31	<b>Review your January paychecks to confirm your benefit deductions are correct. Login to Munis ESS to view those at <a href="https://tuscaloosa.munisselfservice.com">https://tuscaloosa.munisselfservice.com</a></b>		