

NEW YEAR, NEW WELLNESS GOALS

In an effort to introduce avocado to more of our diet than just guac, let's try this.....

Chicken Teriyaki Bowls With Avocado

Ingredients

- 1 ½ lbs cooked chicken thighs, cut in bite size pieces
- 1/2 C teriyaki sauce
- 2C jasmine rice
- ½ C chopped green onion
- 4oz diced avocado
- ½ C pineapple, cut in bite size pieces
- 1 t sesame seeds



- In a small bowl, combine chicken and teriyaki sauce.
- In two individual bowls, add 1 cup of rice to each, and half of the chicken to each.
- Top with green onions, avocado, and sesame seeds.
- Garnish with pineapple. Drizzle with additional teriyaki sauce if desired.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Log in to Munis ESS to review your January paychecks and confirm your benefit deductions are correct. https://tuscaloosa.munisselfservice.com/ess				CLOSED FOR <i>New Year's Day</i>		International Mind, Body, & Wellness day CITY OF TUSCALOOSA <i>Farmers Market</i>
4	5	6	7	8	9	10
	New Wellness Goal: <i>Stay hydrated... it's the easiest way to improve wellness.</i>				National Law Enforcement Appreciation Day *** January 09 ***	CITY OF TUSCALOOSA <i>Farmers Market</i>
11	12	13	14	15	16	17
International Thank You Day <i>Thank you for all you do!</i>	National Clean Your Desk Day		National Take the Stairs Day	New Wellness Goal: <i>Try a new form of exercise.</i>		CITY OF TUSCALOOSA <i>Farmers Market</i>
18	19	20	21	22	23	24
	Closed to observe MLK Day <i>I HAVE A DREAM..</i>		National Hugging Day <i>Hugs can help you feel less stressed</i>	New Wellness Goal: <i>Plan for 8 hours of sleep a night.</i>		National Compliment Day CITY OF TUSCALOOSA <i>Farmers Market</i>
25	26	27	28	29	30	31
New Wellness Goal: <i>Schedule some "me time" and keep that appointment!</i>		National Plan for Vacation Day ADVENTURE			New Wellness Goal: <i>Add a new fruit or vegetable to your diet.</i>	CITY OF TUSCALOOSA <i>Farmers Market</i>