



Eat Well & Keep Moving Lunch Break

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

Sampling of *Eat Well & Keep Moving* Dishes

Today's Menu

- Marinated black bean salad
- Tabouleh
- Chicken stir-fry with vegetables on brown rice
- Chunky vegetable stew
- Peach salsa

(If facilities and time allow, participants can be treated to a lunch break demonstrating some of the Eat Well & Keep Moving food dishes. You can go to the Recipes folder on this Web Resource to see each recipe. Feature your own Eat Well & Keep Moving dishes if you have developed new healthy dishes.

Sample recipes:

- *Marinated black bean salad*
- *Tabouleh*
- *Chicken stir-fry with vegetables on brown rice*
- *Chunky vegetable stew*
- *Peach salsa)*