

THE TWICE A WEEK GAME PLAN

The 2015-2020 Dietary Guidelines for Americans recommends the general public to consume 8 ounces of seafood each week and 8-12 ounces for women that are pregnant or breastfeeding. Despite the health and nutritional benefits gained by eating seafood, only 10% of Americans are following the recommendation.

No need to fret if you're not in that number. We are here to help you with a game plan!

PLAY #1: Make a Game Plan

- Start by mapping out your schedule for the week and where you intend to consume your meals.
- Next, start thinking about what you want to eat that week, lay out your plan and create a shopping list!

PLAY #2: Stock Up On Canned and Frozen Seafood At The Grocery Store

- When you're at the grocery store stock up on canned and frozen seafood when it is on sale.
- Canned seafood often offers a more reasonably priced alternative and can be tossed into salads, pasta, or your other favorite dishes.

PLAY #3: Discover Great Ways To Include Seafood In Traditional Meals

- Try adding tuna to your salad, creating some amazing salmon burgers, or taking frozen mussels and turning them into a savory dish.
- Visit the Seafood Nutrition Partnership website for delicious recipes.

PLAY #4: Cook Once, Eat Twice

- Try doubling recipes to get ahead on cooking and have a dinner or lunch ready for later. Recipes that freeze well, such as stews and casseroles, are great ones to double.
- Also consider cooking an extra piece of fish. The leftovers are tasty on salads or in a wrap later in the week.

PLAY #5: Pack a Lunch

- When you're making dinner, think about what you're going to eat for lunch the following day. If you prepare a salad for dinner, make a little extra and put it in a container, undressed, for lunch tomorrow. You can always open a can of tuna or salmon to add on top for lunch.

PLAY #6: Plug In The Slow Cooker

- There are a ton of delicious slow cooker seafood recipes. It will give you the same effect as standard meal preparation, but you can plug it in, leave for the day and come home to a delicious dinner.
- Look for used slow cookers at garage sales or make the investment in a new one that is programmable and will automatically switch to a "keep warm" setting when it's done cooking.



Remember, the recommendation says only twice a week. You can make a plan to have it for lunch one day, dinner another, and you're all set!



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