**The Twice a Week Game Plan**

The 2020-2025 Dietary Guidelines for Americans recommends people eat seafood at least 2x a week, and 2-3 times a week for women who are pregnant or breastfeeding. Despite the health benefits gained by eating seafood, less than 20% of Americans are following the recommendation. *No need to fret if you’re not hitting the goal. We are here to help you tackle twice a week!*

**Play #1: Make a Game Plan**
- Start by mapping out your schedule for the week and where you plan on eating your meals.
- Think about what you want to eat for the week, lay out your plan and create a shopping list.

**Play #2: Stock Up on Canned & Frozen**
- When you're at the grocery store, stock up on canned and frozen seafood, especially when they're on sale or you have a coupon.
- Canned seafood is a budget-friendly option and can be added (no cook) into salads, pasta, or other easy dishes.

**Play #3: Cook Once, Eat Twice**
- Try doubling recipes to get ahead on cooking and have dinner or lunch ready for later. Recipes that freeze well, such as stews and casseroles, are great ones to double.
- Cook an extra piece of fish or shrimp to use for leftovers on salads or in wraps.

**Play #4: Try Using an Air Fryer**
- There are so many different ways to cook seafood quickly, one being the air fryer. Turn it on and leave it while you make the rest of your meal. Salmon cooks in just 8-10 minutes!

**There are 21 meals in a week, the goal for seafood is just 2!**
- You can make a plan to have it for dinner one day, lunch another, and you’re all set!

Find recipes at seafoodnutrition.org