

THE TWICE A WEEK



GAME PLAN X

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!



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