

Make Meatless Monday's Part Of Your Weekly Routine

Monday's are the perfect time to make a difference in your routine. MorningStar Farms® has teamed up with the Meatless Monday campaign and Kathy Kaehler, celebrity fitness trainer and author, to encourage Americans to eat a healthier overall diet, one week at a time.

“My approach to lasting change has always been to start with small steps,” advises Kaehler. “My weekly approach will help break down the diet and lifestyle changes into simple steps that are easy to implement.”

To help you on your way to a healthier routine, Kaehler shares a few tips and tips and tools to help you succeed:

- **Sunday Set-Up™**: A weekly Sunday Set-Up™ will take you no longer than an hour, will help you get organized for the week, and will save time and money.
 - ✓ **Make a Grocery List** - Create a list of what to buy. Include a grain, lean protein, fresh fruits and veggies. Opting for seasonal produce is typically easier on your wallet and tastes better anyway.
 - ✓ **Preparation and Storing Produce** - Rinse and prep the produce and store it in glass containers. Clear containers show the bright colored fruits and veggies and are great reminders of what you have stocked in the fridge that is ready to eat or use in healthy recipes.
 - ✓ **Sunday Set-Up™ for One** - These days, it seems like portions are made for two, or more! Feel free to freeze excess in a freeze-lock bag and re-introduce to the mix the following Sunday.
 - ✓ **Schedule Your Meals** - Take advantage of Sunday's to do grocery shopping and meal preparation for the week. Make a schedule of dinners for each night, so that there's no opportunity to order out.
- **Go Meatless on Mondays**: Transform your Monday from a day of drudgery, to a day of renewed opportunity by taking steps to a healthier you; go meatless! Try these savory recipes, aimed to satisfy every palate:
 - ✓ **Breakfast** - Try this sweet and savory Cranberry-Maple Sausage Skillet Recipe, or this Southwest-style spin on the classic, eggs benedict, Morningstar Farms Eggs Benedict Recipe.
 - ✓ **Lunch** - Still craving your favorite club sandwich? This meatless version will surely make your taste-buds water, Club Sandwich Recipe. The contents of the Lettuce, Tomato, Breakfast Strip and Quinoa Salad Recipe are easy to prepare ahead of time.
 - ✓ **Dinner** - Try preparing the MorningStar Farms® Spicy Black Bean Veggie Burgers or any of their other varieties on the grill or in the microwave, if you're pressed on time.
 - ✓ Visit MorningStar Farms online every Monday, click the “Meatless Monday” button for weekly rewards including, coupons, recipes, prizes and more. It makes going meatless easy!
- **Amp up your Fitness**: While you're waiting for your rice or quinoa to cook, create a weekly fitness calendar to put on the fridge as a reminder. Focus on a different body part each day.
- **The Rest of the Week Counts Too**: Exercise is a critical part of the formula for a healthy lifestyle. In addition to reducing meat consumption, try to exercise at least three times each week. Walking around the block is a simple way to get moving.
- **Share the Health**: The best way to take on a new behavior is to have the support of friends and family. Enlist your co-workers, spouse, friends or children to go meatless on Mondays. Share recipes and meal preparation tips.

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- **Themed Meals:** Planning themed meals can make eating healthy a little more exciting! Repurpose prepared ingredients from your Sunday Set-Up™ to prepare themed dishes throughout the week, like tacos on Tuesday, fish on Friday and Meatballs on Monday. Try the newly launched “better for you” *MorningStar Farms*® *Meal Starters*™ Veggie Meatballs.
- **Make the Unfamiliar, Familiar:** Start incorporating familiar meatless products into your routine. For example, pair your favorite pasta sauce with the new *MorningStar Farms* Meal Starters Veggie Meatballs and spaghetti. There are more than 30 varieties of meatless products from *MorningStar Farms* to choose from.
- **Color your Plate with Nutrition:** According to the 2010 USDA Dietary Guidelines, you should eat at least five servings of fruits and veggies each day. The vibrant colors of fruits and veggies on your plate reflect a healthy eating pattern and higher concentrations of vitamins, minerals your body needs. Mix and match some of each color daily for the best results.

For additional *MorningStar Farms* recipes, visit, <http://www.morningstarfarms.com/recipe-search.html>.