

# THE TWICE A WEEK GAME PLAN

The 2020-2025 Dietary Guidelines for Americans recommends people **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, less than 20% 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.

**There are 21 meals in a week, we're just looking for 2.** You can make a plan to have it for dinner one day, lunch another, and you're all set!

