



# HEALTHY RECIPES

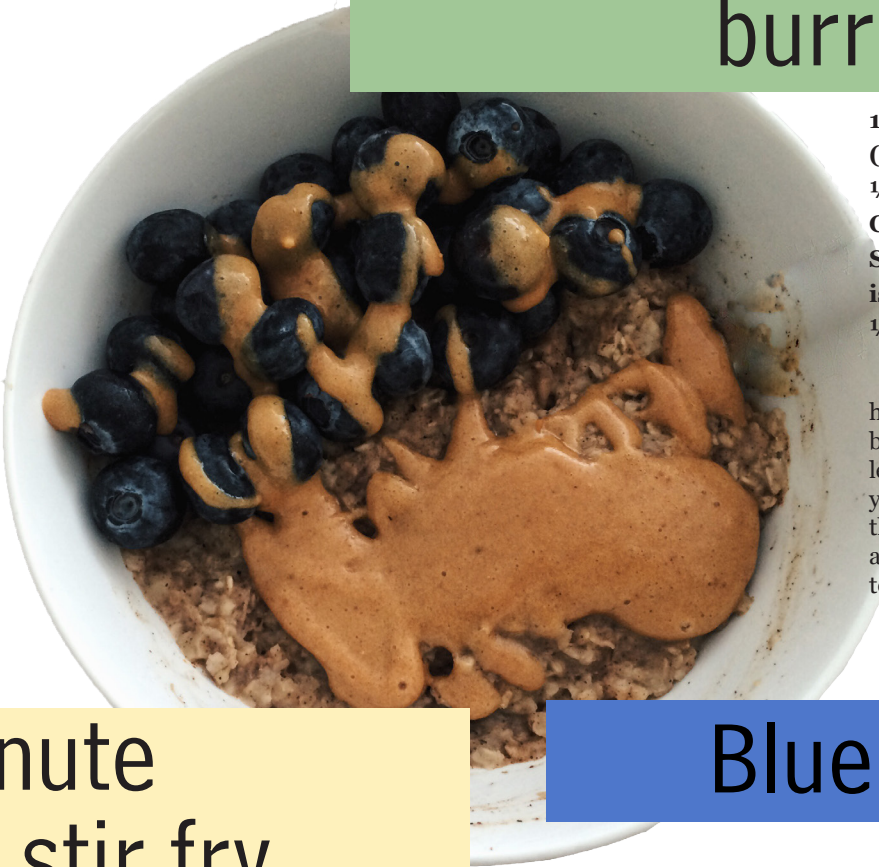
By Alia McMurray  
Watchtower Team

(That won't break the bank)

## WEEKLY Aldi GROCERY LIST

ITEM	PRICE
Whole wheat bread	\$1.29
Almond milk	\$1.69
Large bunch of bananas	\$0.44
2 lbs Grapes	\$1.98
Head of broccoli	\$1.79
Bag of baby spinach	\$1.19
Bag of Avocados	\$3.49
Package of zucchini	\$1.69
Frozen blueberries	\$2.29
Baked Tofu-	\$3.49
Frozen mixed vegetables	\$0.79
Chia Seeds	\$3.49
Rice	\$1.59
Box of pasta	\$0.79
Creamy peanut butter	\$2.49
Rolled oats	\$2.39
Quinoa	\$3.49
3 lbs Sweet potatoes	\$1.89
Box of granola bars	\$1.39
Ketchup	\$0.99
<b>TOTAL:</b>	<b>\$38.64</b>

## Cheaper-than-Chipotle burrito bowl



- 1c white or brown rice  
(I typically use frozen or instant to save time)
- 1/2 canned black beans or pinto beans
- Chopped romaine lettuce
- Salsa or your favorite condiment (BBQ sauce is a good one)
- 1/2 an avocado, mashed

This recipe is so easy and makes a great lunch at home or on the go. All you need to do is grab a big bowl or tupperware, and start with a bed of romaine lettuce. Next, heat up your rice, and combine it with your beans of choice (make sure you drain and rinse them before using). Add your salsa and mashed avocado, any extra condiments you want, and mix together for a fresh and easy burrito bowl.

## Ten-minute couscous stir fry

- 1/2 block extra firm tofu or tempeh, cubed
- 1c frozen stir fry veggies (or your choice)
- 4 tbsp teriyaki or sweet chili sauce
- 1 tbsp sesame or olive oil
- 1c cooked couscous

First, make your couscous. I love this grain because all you need to do is cover it in boiling water and let it sit for five minutes and it's done. While you're waiting, put a frying pan on the stove on medium heat. Add about a tablespoon of oil and let that heat up and coat the pan. Once it's ready, add in your frozen veggies and your tofu or tempeh. Saute until everything is getting crispy and hot. At the last minute, add in your teriyaki or sweet chili sauce to the tofu and veggies and stir. Put your couscous onto a plate, add your stir fry, and enjoy!

## Blueberry pie oats

Photo illustration by Alia McMurray/ WatchTower team

- 1/2 c rolled or instant oatmeal
- 1/2-3/4 c almond milk or water  
(depending on how thick you like your oats)
- 1 ripe mashed banana OR 1 tbsp maple syrup
- 1/2 c frozen blueberries
- 1 tbsp chia seeds
- Cinnamon
- Optional but awesome toppings:  
peanut butter, almond butter, chocolate chips, nuts

We're lazy students, so definitely use the microwave for this one. First, mash up your ripe banana in a bowl. This is an amazing natural sweetener if it's ripe enough. If you don't have a banana, no biggie, just use maple syrup. Add in your oats, almond milk, cinnamon and chia seeds into the bowl. Put into the microwave on high for around 2 minutes (may need more or less time depending on your microwave). Once they've absorbed all the liquid, add your frozen blueberries and mix it all together. The frozen berries melt and also keep the oats from burning your mouth so you can eat them super quickly before class. Top with whatever your heart desires!



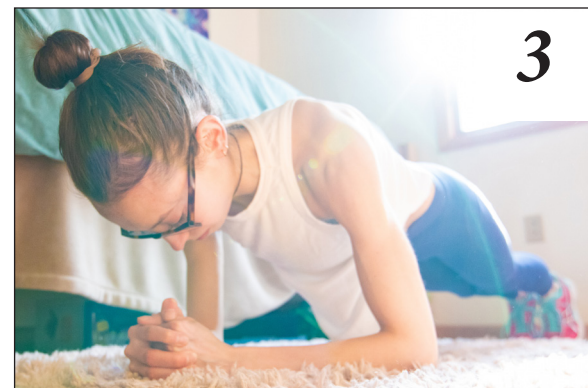
## DORM ROOM WORKOUT

Complete each move with no rest in between. Repeat circuit 3-5 times.



**1. Squats-20**  
Place feet shoulder width apart. Squat down until your thighs are parallel to the ground. From this position stand back up.

**2. Jump Squats-15**  
Perform a squat, and as you come up, use explosive power to jump into the air and try and land as softly as possible.



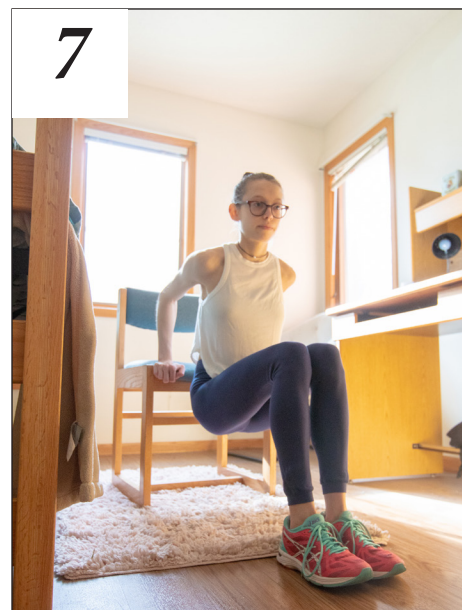
**3. Minute Plank-1 min**  
From a position on all fours, place your forearms on the ground, set your feet backwards and lift your knees. Engage your core by imagining that you are pulling your belly button into your spine.



**5. Donkey Kicks (each side)-20**  
start on all fours. Lift up one leg at a 90 degree angle, and pulse upwards, contracting your glute. Lower your leg back down and repeat on the other side.



**6. Pushups-10**  
Start on your hands and knees. Place your hands at your sides, make sure your elbows are not flaring out. Set your feet backwards and lift your knees as if you were performing a plank. Then lower your chest close to the ground, and press yourself back up.



**7. Tricep Dips-10**  
Place your arms behind you on a chair and place your legs at a 90 degree angle. Lower yourself down as far as is comfortable and push yourself up.



**8. Leg Lifts-20**  
Lie on your back with your legs raised straight above you. Lower until they're almost touching the floor, then raise back up.