

LAKESHORE RECYCLING SYSTEMS

TRASH TALK

DISH OF THE WEEK

WATERMELON BLUEBERRY SALAD

Spice up your watermelon this summer with these simple add-ins to wow your tastebuds!



INGREDIENTS

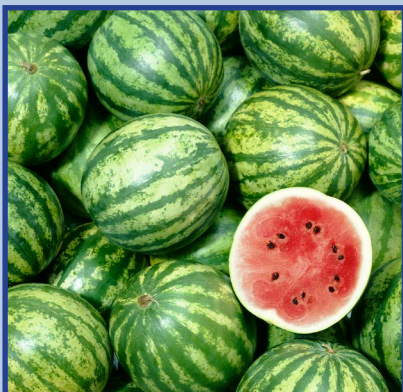
- 6 cups watermelon seeded, chopped
- 1 cup blueberries
- 2 tbsp honey
- 1 tbsp lime
- 1/2 tsp fresh chopped mint

INSTRUCTIONS

1. Place the seeded, chopped watermelon in a large bowl.
2. In a small bowl, combine the honey, lime juice and mint.
3. Pour over the watermelon.
4. Add blueberries and toss gently to coat.
5. Chill until ready to serve.

SIX STEPS FOR PICKING THE RIGHT

WATERMELON



Now that summer is here, the temperature outside is rising and so should our water intake! With June 23 being **National Hydration Day**, remember to fuel your body with water during the warmer months ahead of us!

NO NEED TO DEBATE HYDRATE

Hydrating your body seems like a simple task but can easily be forgotten during the day. Whether you see this as a challenge or a lifestyle change kick it off this week! Click any of the links below to take the first "sip" into fueling your body!

[DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER](#)

[USE A WATER BOTTLE THAT ENCOURAGES YOU TO DRINK WATER](#)

[DOWNLOAD AN APP TO REMIND YOURSELF TO DRINK WATER](#)

STAY HEALTHY DURING THE PANDEMIC

With being limited to activities during this pandemic, be sure to keep yourself motivated and trying new things that might push you out of your comfort zone! Check out any of the links below for ways to continue staying healthy and active!

[FIND MOTIVATION TO STAY MOVING AND ACTIVE](#)

[EAT HEALTHY MEALS](#)

[PRACTICE STRESS MANAGEMENT](#)

RECIPE OF THE WEEK

GRILLED CHICKEN WITH COCONUT-LIME SLAW

Can you spare 20 minutes this week? If you answered yes, try putting your culinary skills to the test by cooking this tasty chicken recipe for your family or friends (while safely social distancing!)



INGREDIENTS

- 8 small chicken cutlets
- Kosher salt and pepper
- 1 lime
- 3 tbsp of coconut milk
- 1 tsp sugar
- 1/2 tsp fish sauce
- 1 lb red cabbage, thinly sliced
- 2 scallions, cut into matchsticks
- 1/4 cup cilantro

INSTRUCTIONS

1. Heat grill to medium-high.
2. Season chicken with salt and pepper. Grill, turning once, until just cooked through, about 3 minutes.
3. Meanwhile, zest lime into small bowl and reserve. Squeeze 1 tablespoon juice from lime into large bowl. Add coconut milk, sugar, and fish sauce. Whisk until sugar dissolves, then toss in cabbage and scallions until evenly coated.
4. As soon as chicken comes off grill, sprinkle with lime zest. Divide chicken and slaw among serving plates. Sprinkle cilantro over slaw and serve.

TIPS FOR GRILLING INDOORS

