



~40 percent of an adult's waking time is spent looking at screens. The average daily screen time has gone up by over 30 minutes in the last decade. This long-term screen exposure is associated with decreased cognitive control, memory decline, increased fatigue, and increased risk of cardiovascular and mental health issues. Incorporating microbreaks and natural light exposure at work can counteract the impact of prolonged screen time. At home, setting "no screen" hours can support mental clarity and better sleep.

20-20-20 rule is a popular technique to reduce eyestrain and relax your eyes. After every 20 minutes of using a screen, take a brief 20-second break to look at an object 20 feet away. Other remedies to soothe tired or sore eyes include applying a cold compress for 15 minutes before bed, wearing sunglasses when outside, and eating omega-3-rich foods. Most importantly, remember to blink frequently to keep your eyes from getting too dry.

~50 percent of household medications remain unused past their expiration dates. Cleaning out the medicine cabinet at least twice a year helps prevent the risk of accidental misuse. And this applies to your vitamins and supplements too! Safe disposal is important—never flush expired medications down the toilet or toss them in the trash. Instead, take them to a pharmacy or use an authorized drug disposal drop box.

1 sick person can spread viruses to 50 percent of the office within a few hours. Get proactive and support your immune system with supplements like zinc, vitamin C, and probiotics before and during the flu season. Make sure to wipe down your desk every other day and consider adding essential oils like eucalyptus and bergamot to your workspace. These oils have antiviral properties and can help prevent and alleviate flu symptoms.

100 grams of elderberries offer 2.4 grams of fibre. Elderberries' polyphenol content, including flavanols, phenolic acids, proanthocyanidins, and anthocyanins, gives the berries antioxidant properties. While small, elderberries pack a big nutritional punch. High in vitamin C, elderberries also contain B vitamins, vitamin A, vitamin E, as well as potassium, zinc, iron, calcium, and magnesium. Long used in wines, cordials, baked goods, jams, and jellies, elderberries can also be found in the form of teas, gummies, lozenges, syrup, and capsules.

**BUILD
BETTER
BREAKFASTS**

MEDICINAL CHICKEN PHO

8
SERVES

8 cups (2 L) sodium-free chicken broth
2 medium-sized onions, peeled and halved
4 inch (10 cm) piece of fresh gingerroot, peeled and sliced
4 cloves garlic, peeled and smashed
2 cinnamon sticks
4 whole star anise
1 Tbsp (15 mL) fish sauce (optional)
1 Tbsp (15 mL) low-sodium soy sauce or coconut aminos
1 Tbsp (15 mL) honey
1 lb (454 g) boneless, skinless chicken breasts or thighs
8 oz (225 g) rice noodles
Salt and pepper, to taste
Fresh herbs (such as cilantro, mint, Thai basil)
Optional additions (such as bean sprouts, lime wedges, toasted sesame seeds, soft boiled eggs)

In large pot, combine chicken broth, onions, ginger, garlic, cinnamon sticks, star anise, fish sauce (if using), soy sauce, and honey. Bring to a boil, then add chicken breasts or thighs and simmer, covered, until cooked through, about 20 to 25 minutes. Remove from heat. Remove chicken, cool, and then shred. Set aside.

Cook rice noodles according to package instructions.

Strain broth and discard solids.

To serve, divide cooked noodles among 8 bowls, top with shredded chicken, and ladle hot broth overtop.

Garnish with fresh herbs, bean sprouts, and lime wedges, if desired.



**COOK ALONG WITH THIS
CURATED SPOTIFY PLAYLIST**



PURPLE BERRY PROTEIN BREAKFAST MUFFINS

12
SERVES

2 cups (500 mL) whole wheat flour
1 Tbsp (15 mL) beet powder
1/2 cup (125 mL) rolled oats
1 Tsp (5 mL) baking powder
1/2 Tsp (2 mL) baking soda
1/2 Tsp (2 mL) ground cinnamon
1 scoop (2 Tbsp/30 mL) vanilla or cinnamon protein powder
1/2 cup (125 mL) milk (dairy or plant-based)
1/4 cup (60 mL) maple syrup
1/4 cup (60 mL) coconut oil
2 large organic eggs
1 Tsp (5 mL) vanilla extract
1 1/2 cups (350 mL) mixed berries (such as blueberries, goji berries, raspberries, blackberries)

Preheat oven to 350 F (180 C) and line a 12-cup muffin tin with paper liners.

In large bowl, whisk together flour, beet powder, oats, baking powder, baking soda, cinnamon, and protein powder.

In another bowl, mix milk, maple syrup, coconut oil, eggs, and vanilla extract.

Gradually add wet ingredients to dry ingredients, stirring until just combined. Gently fold in mixed berries.

Divide batter evenly among muffin cups and bake for 18 to 20 minutes, or until a toothpick inserted into the centre comes out clean.

Allow muffins to cool before serving.



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SPINACH EGG WRAP *with* SPICED SQUASH

2
SERVES

1 cup (250 mL) baby spinach, plus extra for filling
4 large organic eggs
2 Tbsp (30 mL) + 1 tsp (5 mL) avocado oil
1 small butternut squash, peeled and diced
1 1/4 tsp (6 mL) ground cumin
1/2 tsp (2 mL) ground coriander
1 small shallot, peeled and minced
1/4 tsp (1 mL) turmeric
1/2 cup (125 mL) plain Greek yogurt
2 Tbsp (30 mL) freshly squeezed lemon juice
1 clove garlic, peeled and minced
1 tsp (5 mL) dried or fresh, chopped chives
Salt and pepper, to taste

To make spinach-egg wraps, in blender, place 1 cup (250 mL) spinach and 2 eggs and blend until completely smooth.

In large skillet on medium heat, add 1 Tbsp (15 mL) avocado oil. Pour in half of spinach and egg mixture and cook for 3 to 4 minutes, until bubbles form. Gently flip over, as you would a crepe, and cook for an additional 2 to 3 minutes. Remove from pan and set aside to cool while preparing filling.

For filling, in large skillet, heat 1 Tbsp (15 mL) avocado oil on medium-high heat. Add diced squash in single layer with cumin, coriander, and shallot. Sauté, stirring occasionally, until crispy, caramelized, and tender, about 5 to 10 minutes per side. Remove squash from pan and set aside.

While pan is still hot, add remaining 1 tsp (5 mL) avocado oil, if needed, and remaining eggs; scramble for 3 to 4 minutes, or until desired doneness.



For yogurt sauce, in small bowl, whisk turmeric, yogurt, lemon juice, garlic, and chives and season with salt and pepper, to taste.

To assemble wraps, top the spinach-egg crepe wraps with extra spinach, your scrambled eggs, caramelized butternut squash, and any optional toppings.

Carefully roll up wraps, cut in half, and serve immediately with yogurt sauce.

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CURATED SPOTIFY PLAYLIST

