

PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

MONDAY, APRIL 6

Today we start a month-long celebration of National Grilled Cheese Sandwich Month. We're also bringing you a *Get Fit* workout video by Ramona Park from the Bremerton Fitness Center to start your week with a workout that will help you stay healthy and fit at home.

WHAT'S COOKING?

Each Monday in April, we will honor the beloved grilled cheese sandwich with a new recipe for you to try that's easy to make and could become one of your new comfort foods.

This week we start with a grilled cheese sandwich that brings together melted cheddar cheese with the distinct flavors of basil pesto. A combination that ranks up there on grilled cheese deliciousness.

Grilled Cheese and Basil Pesto

Directions: Heat a nonstick skillet over medium heat. Top 1 slice of bread with cheddar cheese, then evenly spread on the basil pesto.

Top with the remaining slice of bread. Spread the butter evenly on the exterior sides of the bread. Place the sandwich in the heated pan. Cook until the bottom is browned, about 3 minutes.

Flip sandwich over, pressing gently. Cook until cheese is melted, and bread is golden brown, about 2 minutes. Halve and serve.

Source: Dan Coon, FFR Marketing Specialist, Naval Station Everett

Ingredients:

2 slices of white bread
1 slice of cheddar cheese
2 tbsp of basil pesto (example Buitoni Basil Pesto)
½ tbsp butter, softened

TODAY'S WORKOUT

In today's *Get Fit* workout video you'll be doing circuit training exercises that will get your heart pumping while building your endurance and strength.

Circuit 1: 3-5 rounds x 20 seconds each

Jumping Squat

Side Shuffle

Tap & Go

Rest 30-60 Seconds per round.

Circuit 2: 3-5 Rounds w/ 30-60 rest between rounds

Push Up to Standing Hand Touch (5 Reps)

Note: Starting at 1 push and 1 hand touch, add one push up & hand touch each round until you reach 5.

Regression: standard push up

Progression: burpee

Bent Over Row (15 Reps Per Arm)

Dead Bug (5-10 Reps Per Side)

So, get ready to *Get Fit* and watch the video at <https://www.youtube.com/user/Navylifepnw>.



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FAMILY INFO

Military OneSource is committed to promoting readiness and resilience in military members and families. Military OneSource is offering confidential non-medical counseling for service members, their loved ones, and non-medical counseling by video for children and teenagers who may be in need of support during these unprecedented times.

For more information, please visit the link,

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling>.

#WeAreInThisTogether

Contributed by Navy CYP

WE'RE STILL HIRING!

Fleet & Family Readiness Programs has job openings in the following areas:

- Non-Appropriated Fund (NAF) Openings & Internships
- Projected NAF Vacancies
- Federal Civilian Service (GS/WG) Openings

Check out our current job openings and apply today at www.navylifepnw.com/jobs.

DID YOU KNOW?

Today in 1917, the United States officially entered World War I when it formally declared war on Germany. President Woodrow Wilson appeared before Congress and called for a Declaration of War against Germany. This was following German U-boat sinking of the American liner Housatonic and four other U.S. merchant ships, plus Germany's attempt to entice Mexico into an alliance against the United States.

Source: Office of the Historian, U.S. Department of State

If you missed a previous NavyLife Plan of the Day, or just want to stay up to date with the latest FFR news? Visit your installation webpage ([NAVSTA Everett](#); [NB Kitsap](#), [NAS Whidbey Island](#)) to view previous plans of the day and COVID-19 status updates on base services. Follow Us on Facebook for your daily FFR Plan of the Day! [@EverettFFR](#) [@KitsapFFR](#) [@WhidbeyFFR](#)

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