

# PLAN of the DAY



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

## THURSDAY, APRIL 16

Today we highlight a fresh and fit lunch that can be whipped up in minutes. Many have seen or heard about Navy Operational Fitness and Fueling System (NOFFS), but did you know that it is accessible to everyone? Give it a try with the online virtual trainer. Then we are going to introduce you to another thrilling rollercoaster ride with Fun Spot America. Speaking of rollercoasters, congratulations on making it through the first few weeks of online schooling. Read on for a free resource that can help.

### FRESH FAST FIT LUNCH

#### SWEET THAI CHILI CHICKEN SALAD

##### Directions:

Set 3 romaine leaves aside. Mix all ingredients with a squeeze of the lime wedge at the end. Fill the romaine leaves with the chicken salad mixture and enjoy! For video demonstration, visit

[https://youtu.be/KKGWa\\_k1vo4](https://youtu.be/KKGWa_k1vo4)

Source: Navy FFR@Home

##### Ingredients:

- 1 Cup Sliced Chicken Breast
- ¼ Cup Red Peppers
- ¼ Cup Scallion
- 1 Tb Cilantro
- 1 Tb Basil
- ¼ Cup Sweet Thai Chili Sauce
- 1 Lime Wedge
- 3 Romaine Leaves

### NOFFS: NOW AVAILABLE AT HOME

The Navy Operational Fitness and Fueling System (NOFFS) is a complete fitness and nutrition program that eliminates the guesswork and provides Sailors and the community with a best-in-class system to optimize and maintain physical readiness in an unpredictable world. Use the [NOFFS iOS app](#), [NOFFS android app](#) or the [Navy Fitness NOFFS Online Virtual Trainer](#) to stay fit and mission ready! For more information, visit the [NOFFS Information webpage](#): [www.navyfitness.org/fitness/noffs-training](http://www.navyfitness.org/fitness/noffs-training)

Source: Navy FFR@Home

### FAMILY FUN

Fun Spot America Theme Parks are located in Orlando and Kissimmee, Fla., and Fayetteville, Ga. Go virtual with [Fun Spot America](#) and hang on for some fast rides!

Source: Navy FFR@Home



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## ONLINE TUTORING FOR MILITARY KIDS

Tutor.com for U.S. Military Families, funded by the U.S. Department of Defense and Coast Guard Mutual Assistance, is a program that provides on-demand, online tutoring and homework help at no cost to eligible service members, civilian personnel, and their dependents. With live, expert tutors available 24/7, military-connected students can receive academic help at their moment of need—anywhere they have an internet connection. Here's here a video tutorial to help you get started:

<https://youtu.be/jBhJwYzMOhU>

Source: Tutor.com/military

## EXPERIENCE LIVE ENTERTAINMENT AT HOME

Navy Entertainment and Navy Exchange are bringing the entertainment to wherever you are! Visit [Navy MWR at Home](#) to see how performers, songwriters, and more are supporting our military community. #WeStandTogether

Source: Navy FFR@Home

## NEW TO NAVY LIFE?

Fleet & Family Support Center's '[Navy Spouse 101](#)' Audio Podcast is now available! In under 30 minutes, this Podcast will cover the most important things you should know about the Mission of the Navy and its Impact, Military Culture, FFSC programs and services, and additional community resources.

Source: Navy Region Northwest, Fleet & Family Support Program (FFSP)

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