

# PLAN of the DAY



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

## THURSDAY, APRIL 9

Today's Plan of the Day video is to help you know how to meet the CDC's and Navy's requirement to wear cloth face coverings. In our What's Cooking section we offer up a *No Sports? No Problem!* Quesadilla recipe by Matt Garvin from NBK-Bremerton Community Recreation.

### STAYING HEALTHY

Our Plan of the Day video showed you how to meet the CDC's and the Navy's new cloth face covering requirements. Here's what you also need to know about wearing a face cover:

- All individuals on DoD property, installations and facilities to wear cloth face coverings when unable to maintain at least six feet of physical distance.
- Personnel are authorized to wear medical or construction type masks, or other cloth coverings using bandanas, scarfs, or other fabric materials.
- When in uniform, face coverings need to be conservative in appearance and not offensive (no bright, multicolored face coverings or ones portraying characters, images or designs).
- Face coverings must meet CDC Guidance – <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- Face covering will be lowered when directed by security personnel to verify identification.

To watch our Face Cover FAQ video, go to <https://www.youtube.com/user/Navylifepnw>.

### TODAY'S FITNESS

#### Nutrition on Track - Out of Routine

It can be very challenging to stay on track with fitness and nutrition when your life is turned upside down. Gyms are closed, your usual foods may not be available, and your life most likely looks differently day-to-day. Help yourself feel your best by prioritizing your nutrition whether you are at home or work. Select 1-2 tips below to implement into your daily routine. Remember, start small and stay dedicated!

- Use your extra time to plan your meals for the week! Try a new recipe!
- Prioritize fruits and vegetables, getting several servings of each per day.
- Incorporate complex carbohydrates to help keep you fuller longer (whole wheat bread & pasta, oatmeal, brown rice, quinoa).
- Before reaching for a snack, ask yourself, "am I really hungry, or am I bored?" Wait 10-20 minutes, and if you're still hungry, then have a snack!
- Drink plenty of water! Often times we confuse thirst for hunger.

Source: Cortney Lanzona, NBK - Bangor Fitness

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## WHAT'S COOKING?

No Sports? No Problem! You can still chow down with Matt Garvin's Quesadillas as if you're watching a live sports game when you're watching reruns of past games.

### Directions:

#### Baking Chicken:

In a bowl, combine: hot sauce, onion, cilantro, and seasoning. Place half of mixture into an 8" x 8" baking dish, place chicken in dish and cover with other half or mixture. Cover with aluminum foil and marinate for 1 hour in the fridge. Bake at 385 F for 20 minutes, remove and flip chicken, recover dish and cook for another 20 minutes. Let chicken cool then slice chicken into small cubes for quesadilla.

#### Quesadilla:

Lay out a tortilla shell and spread cheese on half of the tortilla, add a pinch of salt and pepper. Lay out cubed chicken evenly on top of the cheese and add a pinch of salt and pepper. Add more cheese. Optional to add Mexican blend shredded cheese. Fold quesadilla in half and press on the unsealed edges. Heat nonstick pan with olive oil on medium high heat. Once pan is hot, lay quesadilla in pan for 1-2 minutes or until the bottom is golden brown. Pinch edges with spatula. Flip Quesadilla, turn off heat, and use spatula to press down on the quesadilla. Once bottom is golden brown, plate, and cut into 4 equal pieces. Serve with sour cream. Enjoy!

### Ingredients:

Chicken breast  
Olive oil – 1 tbsps  
Hot sauce - ½ tsp or to taste  
Cilantro – ¼ cup  
Onion – ½ cup chopped  
Burrito seasoning – 1 packet  
Tortilla shells  
Shredded cheddar cheese  
8 oz bag and Mexican Style Cheese, (optional)  
Salt and pepper  
Sour cream

## PERSONAL ENRICHMENT

Are you thinking about buying or selling a stock or mutual fund or looking to learn more about your finances? Maybe you're looking to focus your entrepreneurial spirit into starting a new business? Get all the information you need to protect your finances, invest wisely and grow your wealth. You can also learn how to start, finance or manage a small business. Learn more about Business and Finance at [NavyMWRDigitalLibrary.org](http://NavyMWRDigitalLibrary.org).

Navy MWR Digital Library provides many free services, to get started, log in with CAC and register for a DS Logon account.

Source: Navy MWR Digital Library

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