



Try 6 Simple, Low-Stress Dinner Recipes

We know that cooking our meals at home is healthier and more affordable than eating meals out. But there are many times when life gets in the way. It's easy to run out of time, motivation, or energy to prepare balanced meals.

The new *Health & Wellness Centre** offers *6 Simple, Low-Stress Dinner Recipes* that will save you time and produce a delicious meal, such as:

- Sheet Pan Chicken Sausage
- Slow Cooker Chicken & Veggie Soup
- Bento Box Lunch
- Coconut Crockpot Chicken

Remember to keep calm, get creative, and enjoy!

*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.