



# CommonHealth WEEKLY WELLNOTE

Simple, science-backed guidance for a healthier workforce



## Food for Thought: Meal Planning

Meal planning offers several advantages, such as saving time, reducing stress, and promoting healthier eating habits by allowing you to control ingredients and portion sizes. To get started, try the following tips for effective meal planning:

**Start Simple:** Begin with planning meals for just a few days or one week. Incorporate a mix of new and familiar recipes to allow variety. Keep track of favorite recipes to streamline future planning.

**Create a Schedule:** Designate a specific day each week for meal planning, grocery shopping, and meal prep. Consider your weekly schedule to identify busy days when quick meals are needed.

**Prepare Ingredients in Advance:** Wash and chop vegetables, cook grains, or marinate proteins ahead of time. Store prepared ingredients in easy-to-access containers for quick meal assembly. Plan meals that can use leftovers creatively to avoid repetition and reduce waste.

**Overcome Challenges:** Common challenges of meal planning include time constraints, dietary restrictions, and the stress of deciding what to cook. To overcome these, create a flexible menu, involve family members in meal prep, and stock your pantry with versatile ingredients to simplify the process.

***By following these tips, you can enjoy the many benefits of meal planning while making the process more manageable and enjoyable.***

### Try It This Week: Spaghetti Scramble

Looking to make a great meal without spending a lot of time preparing it? This Spaghetti Scramble recipe is perfectly portioned for one and simple to make!



See the attachment to get the full recipe and learn more about special pricing available to benefits-eligible employees, plus their spouses and adult dependents.

### Benefits Buzz: Wellness Wednesdays

CommonHealth's Wellness Wednesdays emails include tips, tricks, puzzles, coloring sheets, videos, and more to help you make healthy choices and have FUN!

Sign up to get these short, uplifting messages delivered right to your inbox on Wednesdays.

[Wellness Wednesdays Sign Up!](#)



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# Spaghetti Scramble

Point Value 3 pts

Serves 1

## Ingredients

**Egg**, 1 large

**Egg whites**, 2 large

**Cooked whole-wheat spaghetti**,  
½ cup, chopped

**Roasted red peppers** (packed in water)  
2 Tbsp, chopped

**Shredded part skim mozzarella cheese**, 2 Tbsp

**Fresh parsley**, 1 tsp

**Table salt**, 1 pinch

**Black pepper**, 1 pinch

## Instructions

- In a small bowl, beat together egg, egg whites, spaghetti, cheese, peppers, and parsley; season with salt and pepper.
- Scramble in a medium nonstick skillet over medium-high heat.

Serving size: Serves 1

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