

Ready for a fresh start this spring?

Join a Good Measures program and feel your best, reach a healthy weight, and improve your health and wellbeing.

Good Measures personalized nutrition and health programs are **offered at no cost** to NMRHCA medical plan retirees and their spouses or domestic partners.

Good Measures programs can help you:

- Lose or manage weight
- Eat to boost your immune system, have more energy, and feel better
- Improve a health condition with how you eat
- Lower blood pressure, blood sugar, and cholesterol
- Prevent or better manage diabetes

What's included:

- Your own registered dietitian coach—check in by phone or messaging
- A smart app that helps you choose foods and meals best for you
- Support and a personalized plan to meet your goals

To get started, sign up at nm.goodmeasures.com or call Good Measures at 888-320-1776.





Sheet pan salmon with veggies

Serves 4

Ingredients

2 tbsp Dijon mustard
1 tbsp lemon juice
1 tbsp honey
2 cups spinach
1 cup cherry tomatoes, sliced in half
4 salmon fillets
2 tbsp olive oil
2 cloves garlic, minced



Directions

1. Preheat oven to 425°. In a small bowl, mix mustard, lemon juice, and honey. Set aside.
2. On a large baking sheet, add spinach in one even layer, then tomatoes and salmon fillets.
3. Drizzle oil and sprinkle garlic over veggies. Season with salt and pepper if desired.
4. Bake for 20 minutes until veggies are tender and salmon is cooked through.
5. Top salmon with mustard sauce and serve immediately. Enjoy!

Spicy tofu stir-fry

Serves 4

Ingredients

1 tbsp vegetable oil
12 oz firm tofu, sliced thinly
3 cloves garlic, minced
2 tsp ginger, peeled and minced
½ cup bean sprouts
1 cup spinach or kale, roughly chopped
1 tsp crushed red pepper (or to taste)
1 tbsp soy sauce



Directions

1. In a large skillet or wok over medium high heat, add vegetable oil and tofu. Brown tofu for about 2-3 minutes per side. Once golden brown, remove from pan and set aside.
2. In the same skillet, add garlic, ginger, and bean sprouts, and cook for about 2-3 minutes.
3. Add the tofu back into pan, and add the spinach or kale, crushed red pepper, and soy sauce. Cook until greens are wilted, about another 2 minutes. Enjoy with a bowl of brown rice.