

Grilled Blackened Shrimp Recipe!

[https://www.eatingwell.com/recipe/270116/grilled-blackened-shrimp-tacos/?utm\\_source=emailshare&utm\\_medium=email&utm\\_campaign=email-share-recipe&utm\\_content=20230217](https://www.eatingwell.com/recipe/270116/grilled-blackened-shrimp-tacos/?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-recipe&utm_content=20230217)

Red Beans and Rice with Chicken!

[https://www.eatingwell.com/recipe/262999/red-beans-and-rice-with-chicken/?utm\\_source=emailshare&utm\\_medium=email&utm\\_campaign=email-share-recipe&utm\\_content=20230217](https://www.eatingwell.com/recipe/262999/red-beans-and-rice-with-chicken/?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-recipe&utm_content=20230217)

Cauliflower Fried Rice!

[https://www.eatingwell.com/recipe/265846/easy-cauliflower-fried-rice/?utm\\_source=emailshare&utm\\_medium=email&utm\\_campaign=email-share-recipe&utm\\_content=20230217](https://www.eatingwell.com/recipe/265846/easy-cauliflower-fried-rice/?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-recipe&utm_content=20230217)

Get your Body moving with these Fun exercises!

[https://lh3.googleusercontent.com/proxy/gLNkGrEDSH51fftZVmbTqLjVc-dkulGWr\\_pjV3uiLQ5VS\\_hKGeruoisZXeamfs\\_VWQg-dNWPHVbwUBWO1AH6zbhCkAggh2V\\_SB3jTqz4kaAIS9pv0ugt h-kDyn5Vhg3=w1200-h630-p-k-no-nu](https://lh3.googleusercontent.com/proxy/gLNkGrEDSH51fftZVmbTqLjVc-dkulGWr_pjV3uiLQ5VS_hKGeruoisZXeamfs_VWQg-dNWPHVbwUBWO1AH6zbhCkAggh2V_SB3jTqz4kaAIS9pv0ugt h-kDyn5Vhg3=w1200-h630-p-k-no-nu)