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### HEALTHY DELICIOUS FOOD IDEAS

After working out with your friends, you can come back home for a healthy yet delectable meal. You can also pack a picnic lunch after you get done cycling or swimming. You can use local fresh produce in your recipes. There are mangoes, strawberries, avocados and pineapples widely available in the market. For greens, you can use lettuce and spinach. For carbohydrates, you can try out brown rice or bread. Use lean meat such as chicken and fish, instead of beef for protein sources. Websites for healthy recipes such as Health.com, Allrecipes.com and BBC Good Food are useful if you are new at cooking and need simple and easy recipes. Some dishes such as shrimp cocktail, avocado-chicken sandwich, chicken chilli, Asian salad, banana pudding and oatmeal chocolate cookies are all-time hits for get-togethers where you want to eat healthy and yummy.

These are just a few ideas for enjoying your weekend with exercise based fun activities, complemented with healthy and easy meals. Weekends do not only mean relaxing in your bed. It is a great opportunity to tap into your inner self, build your stamina, become fit and devour some healthy and delicious meals.

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