



# Deli delights

**Remember to pick up cold cuts during this week's grocery trip, and you'll have lunch for the week.** Start with a pound of sliced lean, low-sodium turkey, chicken, roast beef, or ham. At about 3 oz per serving, you'll have enough for lunch every weekday.

## On shelf life:

- Buy deli meat as close to the time you plan to use it as possible. Think Sunday supermarket shopping for the next week, but not Friday.
- Store it in an airtight plastic container or zip-close plastic bag.
- Eat within five days.

**The full-time and part-time employees and retirees of Johns Hopkins University can join WW at 50% OFF from standard pricing!**

To learn more and enroll today, visit

<https://www.weightwatchers.com/us/JohnsHopkinsUniversity>

\* 50% subsidy available in participating areas only. May not be redeemed for cash. Further restrictions may apply.

WW Coin Logo, Weight Watchers, Points, and SmartPoints are the registered trademarks of WW International, Inc. WW Freestyle is the trademark of WW International, Inc.

©2018 WW International, Inc. All rights reserved.

## Monday

### Sticks in blankets

Wrap meat slices around cucumber, carrot, celery, or bell pepper spears – or go more exotic with jicama or bamboo shoots. These make a terrific one-handed desk lunch.

## Tuesday

### Italian lettuce wrap

Fill a lettuce leaf with sliced meat, giardiniera (a mix of pickled carrots, cauliflower, celery, peppers, and onion), and 1–2 Tbsp diced, hard provolone or mozzarella. (Tip: Big, sturdy iceberg lettuce leaves do a great job containing the zesty filling.)

## Wednesday

### Chef's grain bowl

Top cooked bulgur with roasted veggies and chopped deli meat. Drizzle with balsamic vinegar or your favorite low-fat vinaigrette.

## Thursday

### Prepare ahead frittata

Fill this egg classic with your favorite chopped deli meat and vegetable combo (think turkey and broccoli, ham and asparagus, roast beef and spinach). Remove the frittata from the fridge 15 minutes before you plan to eat – it tastes best at room temperature.

## Friday

### Sandwich time

Put sliced meat on your choice of bread, wrap, or sandwich thin. Then pile it high with lettuce, tomato, shredded cabbage, roasted peppers, and/or grilled veggies.

