

FLOYD

WellNow



LABOR EFFICIENTLY



The average employee is spending about 5 hours a week on their cellphone that have nothing to do with the job. That adds up to 15 billion dollars a week in lost productivity in the U.S.



Work smarter, not harder. Be intentional with your time

EATWell

Plan and prepare at least 3 meals each week to save time and money.

MOVEWell

Plan your physical activity before you get to the gym or begin your workout.

LIVEWell

Make and prioritize a to-do list each day.

Chicken Divan

INGREDIENTS

- $\frac{3}{4}$ cups water
- 1 teaspoon zesty salt-free seasoning
- 1 $\frac{1}{2}$ cup frozen broccoli pieces
- 1 cup instant brown rice
- 2 tablespoons light mayonnaise
- 2 tablespoons plain nonfat yogurt
- $\frac{3}{4}$ cups shredded yellow cheese made from 2% milk
- 8 ounces canned chicken, drained

PREPARATION

1. In 10" non-stick skillet, heat water until it boils.
2. Add seasoning and broccoli.
3. Cover and cook 1-2 minutes or until water comes to a boil again.
4. Break up any large pieces of broccoli.
5. Add instant brown rice and stir well.
6. Cover and remove pan from heat. Let stand 3 minutes.
7. In small bowl, mix mayonnaise and yogurt. Stir well.
8. Add mayonnaise mixture to rice and stir.
9. Add half of cheese and all of the drained chicken. Stir.
10. Top with remaining cheese.
11. Heat on medium for 2-3 minutes until mixture is hot and bubbly and cheese is melted.