

Stronger

Healthier

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SUNDAY MORNING WITH MEREDITH

FEBRUARY 11, 2024



EAT

FIERY FISH TACOS

This recipe has become a staple in my kitchen. It's not only effortless to prepare but also offers a variety of vegetables, making it a refreshing and nutritious option.

The zesty grilled fish is perfectly balanced by a crisp, fresh vegetable salsa. Feel free to tailor the spice level to your liking by adjusting the amount of cayenne pepper.

With six servings and just 351 calories per serving, it's a guilt-free indulgence!



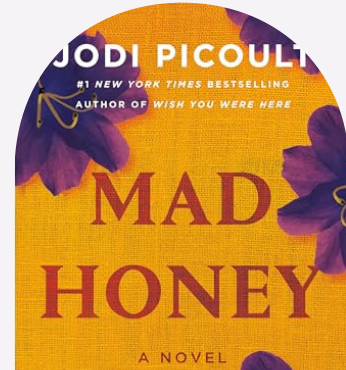
WATCH

THE CROWN

Although I have just recently started watching The Crown on Netflix, and have only completed Season 1 of this six-season series, it has quickly become a new favorite.

Inspired by true events, it is a fictional dramatization that tells the story of Queen Elizabeth II beginning when she meets and marries Philip Mountbatten in 1947 and ends with the 2005 wedding of Prince Charles and Camilla Parker Bowles.

If you want to learn more about English history and the Royal Family, this is a must watch!



READ

MAD HONEY

Jodi Picoult has always been one of my favorite fictional authors. Her newest book, Mad Honey is the story of two women who have fled abusive pasts to make a new life in the small town of Adams, New Hampshire. When one's daughter is found dead, the other finds her son accused of the murder and courtroom drama ensues.

This riveting novel of suspense is a NY Times best seller, is featured as a Good Morning America Book Club pick and is People's Book of the Week. A definite must read!!

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