



Dear Docket,

I love being back in the office part time, but I'm afraid I'm buying too many salads. I want to be healthy, but the sandwiches around work are crazy expensive. What should I do?

Signed,

Lunch Break in Boulder

Dear Lunch Break,

I hear you. You don't want to spend too much money on lunch, but the kitchen microwave can feel sad. You deserve to treat yourself, but when did turkey, tomato and bread start costing \$17.50?! Well, I've got some sobering news for you — salads aren't that great. I mean, rabbits die too, right? We're all trying to lose our pandemic weight, but it won't happen overnight. Salads aren't magic.

Besides, once you get grilled chicken on there, it's the same price as the sandwich just a lot less filling. And I bet by the time you get home from your new hybrid office life, you're hungry from only eating lettuce all day and now your housemates are suffering too.

Step out of the salad spinner. Healthy and happy don't have to be mutually exclusive. This issue of *The Docket* is about taking care of yourself — and sometimes that means putting your immediate needs above your long-term goals and ambitions. Keeping your appetite unsatisfied only makes you hungrier. Get the expensive sandwich. And maybe think of inviting a few coworkers to join you. The microwave makes them sad too.

Just remember what *The Simpsons* taught us...

You don't win friends with salad.