

HEALTHY EATING



CHALLENGE

Complete the tasks to get a BINGO! You must get 5 spaces in a row to get a BINGO.

Name: _____

Department: _____

Use herbs or spices <i>instead</i> of salt 4 days this week	Meal prep 3 days worth of dinners	Go without soda for 1 week	Choose fruits/veggies as your snack 3x/this week	Try a new recipe that incorporates veggies
Bring your lunch to work today, rather than going out	Eat 3 leafy green salads this week	Eat all your meals today with NO electronic distractions	Drink at least 5 cups of water today	Prepare a vegetable in a new way
Eat 3-5 different natural colors today	Avoid added sugar for 3 consecutive days	FREE SPACE	Go without fast food for 7 days	Make a fruit or veggie smoothie 3x/this week
Eat a green vegetable at dinner twice this week	Make each plate you eat today 50% or more fruits & veggies	Eat Kale twice this week	Have a meatless day (try beans for protein)	Try a new herb or spice
Plan your meals for an entire week	Eat breakfast at least 3x/this week	Eat a whole grain food 1x/day for 1 week	Replace your normal dessert with fresh fruit	Eat a veggie at every meal today

Send your completed challenges to Kristina at kloughborough@maconnc.org for 10 LIFE points.