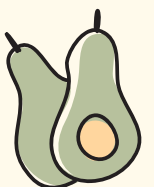




Meal Planner

S	Breakfast:	Lunch:	Dinner:
m	Breakfast:	Lunch:	Dinner:
t	Breakfast:	Lunch:	Dinner:
w	Breakfast:	Lunch:	Dinner:
t	Breakfast:	Lunch:	Dinner:
f	Breakfast:	Lunch:	Dinner:
S	Breakfast:	Lunch:	Dinner:





30-Day Healthy Eating Challenge

 Add some protein	 Use whole grains	 Fill up on fiber	 Don't skip dinner	 Try a new veggie
 Eat fruits first	 Skip dessert	 Eliminate sugar	 Upgrade your snack	 No ice cream
 Skip Soda	 Mix up your protein	 Drink more water	 Cut out bad carbs	 Eliminate alcohol
 Don't skip breakfast	 No fast food	 Try leafy greens	 Morning smoothie	 Nutritious breakfast
 Eliminate dairy	 Avoid salt	 Cook at home	 Drink herbal tea	 Eat vegetables
 Snack on fresh fruits	 Eliminate coffee	 Eat more veggies	 Eliminate MSG	 Go gluten free