

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Healthy Fats

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Have a handful of walnuts at least twice this week.

WEEK 2: Add avocados to a meal at least once this week.

WEEK 3: Try a new recipe with fish as the main ingredient

WEEK 4: Swap out solid fats like butter and margarine with healthy oils (ex. Olive Oil)

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!