

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Squash

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Buy a spiralizer and try zucchini noodles. (Prices start at \$10).

WEEK 2: Bake acorn squash and add it to a salad this week.

WEEK 3: Snack on some pumpkin seeds

WEEK 4: Replace spaghetti pasta with roasted spaghetti squash.

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