

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Nutrient Dense Desserts

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Replace white flour with whole wheat flour in a recipe this week.

WEEK 2: Find a new healthy recipe to make for the holiday season.

WEEK 3: Replace eggs with egg whites in a recipe this week. (2 egg whites = 1 egg)

WEEK 4: Try one of the recipes on the placemats.

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