

EAT WELL, AGE WELL.

Monthly Tracking Calendar – Nutrient Dense Foods

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Try a recipe with quinoa.

WEEK 2: Add Kale to your salads and/or Recipes

WEEK 3: Add veggies and/or beans to a dessert recipe

WEEK 4: Have veggies at breakfast twice this week

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