

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Nutrient Dense Foods

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT DRIED PLUMS TWICE THIS WEEK

WEEK 2: THREE DAYS THIS WEEK, REACH YOUR DAILY AMOUNT OF FIBER (25-30 GRAMS)

WEEK 3: ADD DRIED PLUMS TO SALAD OR CEREAL THIS WEEK

WEEK 4: TRY ONE OF THE RECIPES AT THE WEBSITE PROVIDED. <https://www.californiadriedplums.org/recipes>

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