

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Flexitarian Diet

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: TRY A TOFU RECIPE

WEEK 2: FOLLOW THE 3 MEALS AND 2 SNACK EATING PATTERN AT LEAST TWICE THIS WEEK

WEEK 3: TRY A MEATLESS MEAL ONCE THIS WEEK

WEEK 4: NOTICE IF YOU HAVE MORE ENERGY AND FEEL BETTER ON DAYS YOU FOLLOW THIS PATTERN