

EAT WELL, AGE WELL.

Monthly Tracking Calendar-MEDITERRANEAN Diet

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: ADD A HANDFUL OF NUTS EACH DAY THIS WEEK.

WEEK 2: SUBSTITUTE FISH FOR RED MEAT TWICE THIS WEEK.

WEEK 3: EAT 3 MEALS PER DAY WITH EQUAL AMOUNTS OF PROTEIN AT EACH MEAL THIS WEEK.

WEEK 4: ELIMINATE ADDED SUGAR ONE DAY THIS WEEK.