

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Protein Breakfast Foods

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Try Greek yogurt with fruit for breakfast. If you don't like the Greek yogurt, try a different brand. They all taste different.

WEEK 2: Make a list of protein foods you are willing to eat at breakfast.

WEEK 3: Make your hot cereal with milk instead of water.

WEEK 4: Stir nuts or nut butter into hot cereal.