

**EAT WELL, AGE WELL.**

## **Monthly Tracking Calendar-Brain Healthy Foods & Recipes**

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: TRY ADDING BEANS INTO A SALAD OR PAIR THEM WITH RICE DISHES!**

**WEEK 2: TRY MAKING A SOUP OR STEW WITH SOFT VEGETABLES AND LENTILS**

**WEEK 3: MIX IT UP WITH A FRUIT SALAD WITH BERRIES AND OTHER FRUITS!**

**WEEK 4: TRY THREE DIFFERENT TEA BEVERAGES THIS WEEK**

*Complete the Weekly Challenges & you will feel better and be more in control of your health. You can do it!*