

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Potassium Rich Foods & Recipes

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT ONE BANANA EACH MORNING.

**WEEK 2: EAT BEANS THAT ARE HIGH IN POTASSIUM TWO DAYS OF THE WEEK POTASSIUM RICH BEANS
INCLDUE: LIMA BEANS, KIDNEY BEANS & SOYBEANS**

WEEK 3: MAKE A RECIPE WITH COOKED BROCCOLI IN IT. EXAMPLE: CHICKEN ALFREDO WITH BROCCOLI

WEEK 4: TRY THIS POTASSIUM RICH SMOOTHIE FOR BREAKFAST AT THE WEBSITE PROVIDED:

<https://www.parsnipsandpastries.com/powerhouse-potassium-smoothie/>

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