

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Eat Your Greens

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: INCORPORATE GREENS INTO EVERY MEAL FOR ONE DAY

WEEK 2: TRY BAKING A DESSERT WITH GREENS, PERHAPS ZUCCHINI BREAD, OR A GREEN SMOOTHIE

WEEK 3: TASTE A NEW VEGETABLE

WEEK 4: PLANT SOME GREENS! PEAS AND CILANTRO CAN BE PLANTED IN POTS WITHOUT A COMPLETE GARDEN

Complete the Weekly Challenges to foster a new appreciation for greens!