














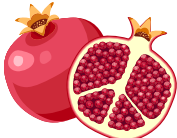











# Healthy Habits



## Healthy Eating Challenge

You have made a commitment to a healthy and active lifestyle as such you need to fuel your body with nutritious meals and snacks. Use this challenge to replace less healthy choices with highly nutritious options.

Monday	Tuesday	Wednesday	Thursday	Friday
 Broccoli	 Radishes	 Corn	 Purple Grapes	 Cauliflower
 Carrots	 Avocado	 Purple Potatoes	 Bok Choy	 Brussel Sprouts
 Apples	 Pears	 Turnips	 Watermelon	 Cantaloupe
 Persimmon	 Orange	 Peas	 Leeks	 Cucumbers
 Apricots or Peaches	 Banannas	 Blueberries	 Plums	 Kiwi

