

Rediscover Health & Wellbeing Challenge

Although, it's not for everyone, meal planning can be a valuable tool in terms of overcoming barriers to nourishing you and your microbes. The meal plan template provided will help you get started! I know that 4 weeks sounds regimented, but, for many, having this structure for up to 9 weeks (remember - it's thought that's the average time to form a habit) can turn meal planning from feeling like a taxing obligation into second nature. Looking after your GM is a marathon, not a sprint. We are looking for long term changes.

Name: _____

Personal Calendar



My Total Points
(earn up to 50 points)

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 HAPPY 4th of July	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14
<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20 	<input type="checkbox"/> 21
<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28
<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31				



On July 20th, you can earn an additional 20 bonus points by attending the STAY walk, run rally hosted by the CAPS committee.

JULY 2024



Meal Planning & Plant Diversity Challenge Information

This month's challenge will be focusing on meal planning and plant diversity. Each challenger will earn one point for each day (excluding Independence Day) by filling in each weeks meal plan including how many plant diversity points you earned each day.

Handouts Needed for Challenge

EXAMPLE	BREAKFAST	LUNCH	DINNER	SNACKS*	DRINKS
MONDAY	Two Minute Scramble	Milk - and - Match Sliders	Creamy Pistachio and Spinach Pesto Pasta with Chicken	haked fruit with peanut butter popcorn	Water, 100 oz. OJ/pep 8 oz. Ryan 16 oz.
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
PLANT POINTS**					

*Remember to be realistic! Include some of your favorites
** Did you reach your thirty different plant - based foods? Remember, that our GM craves plant diversity.

Generic Meal Planning Template

Plant - Based Diversity Planner	Fruit (e.g., apple, banana)	Vegetable (e.g., carrot, broccoli)	Whole Grains (e.g., wheat, quinoa)	WRITE TOTAL HERE: Total number of plant points (one portion counts as one point; herbs and spices count as a quarter point)
	Legumes (e.g., chickpeas, lentils)	Nuts & Seeds (e.g., almonds, sunflower seeds)	Herbs & Spices (e.g., rosemary, black pepper)	

Less than 10
LET'S GET DIVERSIFYING

10-9
HOW CAN YOU ADD MORE DIVERSITY?

20-29
YOU'RE THERE

30+
WE'LL DO IT!

Plant - Based Diversity Planner