



# 21-DAY POWER YOUR PLATE CHALLENGE

## WEEK ONE TASKS

3

POINTS

### SNACK ATTACK

Enjoy a fruit or vegetable as your morning or afternoon snack.



3

POINTS

### BUILD A BETTER BREAKFAST

Add a vegetable or fruit to your first meal of the day. Try toast with banana slices, yogurt or oatmeal with frozen berries, or a veggie omelet.



3

POINTS

### WATER ON THE GO

Carry a water bottle with you to stay hydrated all day long.



5

POINTS

### LIGHTEN UP YOUR CAFFEINE FIX

Reduce the cream and sugar in your coffee or tea. Switch cream to milk or cut the sugar in half. Better yet, do both!



5

POINTS

### BAN THE SCREENS

Eat more mindfully by eliminating the distractions of tv, computers, and cell phones while you eat your meal. Have a conversation at the table instead!



10

POINTS

### WRITE IT OUT

Record what you eat and drink this week so you can review and see where improvements can be made.



10

POINTS

### DEEP FREEZE

Make a healthy soup or casserole and stash it in the freezer for days you're tempted to order take-out. Freeze in smaller portions for easy lunches.

