




21-DAY POWER YOUR PLATE CHALLENGE

••••• WEEK TWO TASKS •••••


3 POINTS

VEGGIE TOP-UP
Add extra vegetables (fresh, frozen, or canned) to dishes like pasta, casseroles, rice, or soup.




3 POINTS

GREAT GRAINS
Try one new whole grain. Consider amaranth, buckwheat, bulgur, millet, quinoa, sorghum, sprouted wheat, and white or brown rice.




3 POINTS

GO FOR THE BUBBLES
Swap your energy or soft drink for plain or flavoured carbonated water.




5 POINTS

BE PREPARED
Cook lean proteins and cut up vegetables in advance and store them in the fridge for quick and healthy snacking and meal add-ins.




5 POINTS

BE A LABEL LOVER
Take time to read the nutrition labels on the food you consume. In addition to calories, pay attention to fat, sugar, sodium, and nutrient content.



10 POINTS

REFLECTIVE EATING
Before eating, take a moment to think about how you feel. Are you rushed? Stressed? Bored? Hungry? Then choose if, what, and how you want to eat.



10 POINTS

MAKE IT
Try a healthy recipe for something that you normally buy. Make your own pizza, bread, pasta sauce, or ice cream.

