









21-DAY POWER YOUR PLATE CHALLENGE

••••• WEEK THREE TASKS •••••

- 3 POINTS**
FIBRE SUPERSTARS
Add beans and lentils to salad, pasta sauce, or soup to give your meal a fibre boost. 
- 3 POINTS**
HOLD THE EXTRAS
Condiments like mustard, ketchup, and BBQ sauce contain a lot of sodium. Use half the amount you usually use or skip them altogether. 
- 3 POINTS**
SWAP THE SNACK
Swap a few of your usual snack staples for healthier options. Reach for mixed nuts instead of chips or purred frozen fruit instead of ice cream. 
- 5 POINTS**
GO MEATLESS
Swap in a vegetarian protein source in at least one meal. Quinoa, black beans, or lentils with rice, Greek yogurt, tempeh, and eggs are great sources. 
- 5 POINTS**
SKIP THE BOOZE
Instead of beer or wine tonight, enjoy a cup of tea to unwind after dinner. 
- 10 POINTS**
TAKE IT SLOW
Don't rush your meal. Try the 20-20-20 strategy: chew for 20 seconds, put your fork down for 20 seconds, and take 20 minutes to eat your meal. 
- 10 POINTS**
SERVE IT
Plate your entire meal before you start or portion your snack into a bowl rather than eating straight from the bag or box. 