

NUTRITION

BINGO

During March work to achieve a BINGO (diagonal, straight, or four corners). Mark each square completed.

B	I	N	G	O
invite a coworker for in-person or virtual lunch	include a protein source at breakfast	<u>meal prep dinners for a week</u>	eat a meal without any distractions	follow  on instagram
<u>make a Food with Purpose recipe and tag us</u> @RDkitchenediton	<u>reduce food waste</u>	pair a protein & fruit or vegetable for a balanced snack	add a side of vegetables to lunch	<u>Roasted Corn & Cabbage Salad</u> 
choose whole grains instead of refined grains	<u>Green Apple Kale Power Smoothie</u> 	FREE SPACE	<u>use a Food with Purpose meal plan for the week</u>	cook a vegetable in a new way
follow  on Viva Engage	add nuts or seeds to a snack/meal	<u>include 10 grams of fiber at one meal</u>	build a colorful plate (3+ colors)	<u>choose seafood or plant based protein instead of red meat</u>
<u>add beans to a meal or snack</u>	move for 5 minutes after lunch	<u>Green Goddess Breakfast Bowl</u> 	grocery shop with a list	include water with every meal for a day