

# Nutrition Bingo

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2 Servings of Fruit/Day (for at least three days)	Plan 3 Days of Meals	Learn to calculate your macros	Participate in 5 Day Sugar Detox & Fill in 2 Additional Squares	3 Servings of Veggies/Day (for at least three days)
Half Your Body Weight in Ounces of Water	No Fast Food for a Week	Cut out Processed Foods for at Least One Meal Each Day	No Dessert for a Week	No Soda for a Week
Keep a Food Journal for Two Days	Stick to One Serving for each meal	<b>free</b>	Try a Breakfast Smoothie	Pack Your Snacks for the Week
Pack Your Lunch (for at least two days)	Try a New Healthy Recipe	Eat a Meatless Meal	Attend an SCM Event	Eat a Healthy Breakfast
Bring in a Healthy Recipe For Your Staff	Eating Out? Box Half Your Food Before You Begin	No Caffeine Day	Have Healthy Lunch w/ a Friend	No eating after 8:00 p.m. (for at least three days)