

# Meatless Meals Challenge

Take time to focus on fruits, vegetables and whole grains for a healthier diet.

Go meatless! Consuming less animal products reduces the amount of saturated fat in your meals and helps the environment. \*\*Non-meat protein source ideas include: beans, soy products, tofu, dairy products (milk, yogurt, cheese, etc.), nuts, nut butter, eggs and egg whites.

**Goal: See how many days per week you can achieve the meatless goal listed.** Complete at least 12 days of goals to earn your All in to Win prize drawing entry.

	GOALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
Week 1	<b>Eliminate red meat from your diet</b> (including beef, steak, hamburgers, etc.) Eat lean pork, chicken, fish or beans.**	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	
Week 2	<b>Eliminate red meat and pork</b> (including bacon, ham, etc.)**	Red Meat & Pork Free <input type="checkbox"/>	Red Meat & Pork Free <input type="checkbox"/>	Red Meat & Pork Free <input type="checkbox"/>	Red Meat & Pork Free <input type="checkbox"/>	Red Meat & Pork Free <input type="checkbox"/>	Red Meat & Pork Free <input type="checkbox"/>	Red Meat & Pork Free <input type="checkbox"/>	
Week 3	<b>Eliminate red meat, pork and poultry</b> (including chicken, duck, turkey, etc.)**	Red Meat, Pork & Poultry Free <input type="checkbox"/>	Red Meat, Pork & Poultry Free <input type="checkbox"/>	Red Meat, Pork & Poultry Free <input type="checkbox"/>	Red Meat, Pork & Poultry Free <input type="checkbox"/>	Red Meat, Pork & Poultry Free <input type="checkbox"/>	Red Meat, Pork & Poultry Free <input type="checkbox"/>	Red Meat, Pork & Poultry Free <input type="checkbox"/>	
Week 4	<b>Meatless Meals! Eliminate red meat, pork, poultry and fish!**</b>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	

**Report your results to earn ONE entry into the All in to Win prize drawing.**

After challenging yourself for four consecutive weeks, submit your completed challenge two ways:

1. Submit your completed challenge by submitting the [Challenge Reporting form](#)
2. Or, go to <https://humanresources.atriumhealth.org/LiveWELL/Prevention-and-Wellness/Challenges/Challenge-Reporting>

**Be sure to enter your correct six-digit employee ID when reporting. All teammates regardless of benefits status are eligible to participate and win!** If you have questions, contact LiveWELL at 704-355-8136 or email [LiveWELLEvents@AtriumHealth.org](mailto:LiveWELLEvents@AtriumHealth.org).

**Total Days**

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