

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!

	GOALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
Week 1	Eliminate red meat from your diet (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	Eliminate red meat and pork (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	Eliminate red meat, pork and poultry (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	Meatless Meals! Eliminate red meat, pork, poultry and fish!**	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"/>	
									Total Days <hr/>