RISE TO THE CHALLENGE.

30 DAY Packed Lunch Challenge.

Each day eat a homemade lunch.

Eating out is not only expensive, but it can also be costly to your health. Convenient/fast foods tend to contain more salt and sugar and it can be hard to find healthy choices. Try this challenge and make your own lunch.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

WELL DONE. Challenge completed.

HealthbyDesign