Fresh Start Challenge

Take the Fresh Express
#TheFreshStartChallenge

Need recipe inspiration for a healthier lifestyle? Simply scan the QR code below.

☐ **January 12**
Write and share your health goal and why it matters

☐ **January 13**
Drink more water

☐ **January 14**
Build your green base

☐ **January 15**
Move for 20 minutes

☐ **January 16**
Snack swap for salad

☐ **January 17**
Enjoy a hearty salad

☐ **January 18**
Reach your step goal

☐ **January 19**
Add a crunch

☐ **January 20**
Try a new flavor

☐ **January 21**
Add a twist

☐ **January 22**
Pair it with fish

☐ **January 23**
Travel the world

☐ **January 24**
Eat salad for breakfast

☐ **January 25**
Show us your salads

☐ **January 26**
Add a protein to your salad

☐ **January 27**
Whole grains boost

☐ **January 28**
Healthy fat boost

☐ **January 29**
Power legumes boost

☐ **January 30**
Seafood boost

☐ **January 31**
Leftover lift

☐ **February 1**
Egg upgrade

☐ **February 2**
Mindful Monday

☐ **February 3**
Self-care lunch

☐ **February 4**
Say 3 nice things about yourself

☐ **February 5**
Enjoy a salad in nature

☐ **February 6**
Share a salad with someone

☐ **February 7**
Gratitude and greens

☐ **February 8**
Choose your habits and make a plan

Scan me