



Nutrition Challenge: Week 6, Day 12

Stuff or dip your fruits and veggies with some protein!



- Dip carrots or peppers in hummus
- Celery and apples in peanut butter, if you are allergic to nuts try cream cheese (light is even better!)
- What is hummus? Check the label if you decide to try it.

I MET MY NUTRITIONAL GOAL FOR WEEK 6!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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