



## Nutrition Challenge: Week 9: Day 18

Incorporate a salad into one of your meals at least 2-3 times this week.



- Did you know eating salads is a super-convenient way to work in a couple of servings of vegetables and/or fruit and they are on most restaurant menus? Salads are also high in fiber and have lower calories, while filling you up!

I MET MY NUTRITION GOAL FOR WEEK 9!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*



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