

TAKE IT HOME

# Your 7-Day Plan.



One small change a day. Check off as you go.

<b>MON</b>	Day 1	Swap soda for sparkling water + lemon	<input type="checkbox"/>
<b>TUE</b>	Day 2	Swap flavored yogurt for plain + fruit	<input type="checkbox"/>
<b>WED</b>	Day 3	Swap a packaged snack for nuts + apple	<input type="checkbox"/>
<b>THU</b>	Day 4	Cook one whole-food dinner from scratch	<input type="checkbox"/>
<b>FRI</b>	Day 5	Read one ingredient label before you buy	<input type="checkbox"/>
<b>SAT</b>	Day 6	Stock the pantry with 3 staple swaps	<input type="checkbox"/>
<b>SUN</b>	Day 7	Meal-prep breakfast for next week	<input type="checkbox"/>

## PANTRY AUDIT

### Three staples worth keeping on hand.

- Rolled oats** *Breakfast in 5 minutes — overnight, stovetop, baked.*
- Canned beans / chickpeas** *Plant protein for bowls, salads, soups.*
- Plain yogurt** *Snacks, breakfast, dressings — no sugar bomb.*

## MY 3 COMMITMENTS

### I'll start with these three. This week.

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_

## ONE LAST THING

### Take the post-survey before you leave.

Scan the QR code →  
or use the link your facilitator provided.

