

# Healthy Summer Challenge

from the Michael & Susan Dell Center for Healthy Living

# JUNE

Make a list of your favorite healthy food and put it on the fridge

Have a piece of fruit with your breakfast

Help your family cook a healthy dinner tonight

Go a whole day without drinking soda

Choose whole grains when grocery shopping

Try a fruit you have never tried

Try a vegetable you have never tried

Make a smoothie

Make a rainbow with your fruits and veggies

Eat without any screens in front of you

Try a new recipe

Go meatless and try out plant-based protein

Eat 2 colors of vegetables at lunch today

Swap eggs for tofu

Pack your lunch with a healthy snack

Try our Nourish recipe featured on our blog

Add vegetables to your breakfast

Visit a farmers' market

Eat a fiber-filled breakfast

Eat a hearty salad for lunch

Choose a healthy protein for dinner/lunch

Avoid eating fried foods today

Make a meal with 3 different colors of fruits or veggies

Try meal prepping overnight oats for breakfast tomorrow

Replace sweets you would normally eat with fruit

Add herbs to a meal like basil or cilantro

Add spices to a meal like cinnamon or turmeric

Snack on healthy nuts and seeds

