

PACK YOUR LUNCH CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TIPS

- Plan ahead for the food you want to pack for lunch
- Keep your lunch simple
- Meal prep ahead of time for the whole week
- Only pack what you like to eat
- Revive leftovers for a new lunchtime meal
- Pack a dessert or small treat
- Pack your lunch the night before

THE DETAILS

- The challenge runs from the first day of the month until the last day.
- Pack your lunch at least 15 days.
- Check off each day you bring your lunch to work.

YOUR NAME