

SNACK SWAP CHALLENGE



See how many you can swap out for healthier alternatives this month!
Check off the boxes as you go.

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|--------------|---|------------------|
| Popsicle | ↔ | Frozen grapes |
| Butter | ↔ | Avocado mash |
| Chicken wrap | ↔ | Lettuce wrap |
| Juice | ↔ | Fruit |
| Beef burger | ↔ | Veggie Burger |
| Potato Chips | ↔ | Popcorn |
| Dessert | ↔ | Dark chocolate |
| Butter toast | ↔ | Avocado toast |
| Granola | ↔ | Oats |
| Milkshake | ↔ | Smoothie |
| Bagel | ↔ | Rice cakes |
| Naked juice | ↔ | Kombucha |
| White rice | ↔ | Cauliflower rice |
| Soda | ↔ | Sparkling water |
| Ranch | ↔ | Hummus |
| Noodles | ↔ | Spaghetti squash |
| Sour cream | ↔ | Greek yogurt |

Name:

How many boxes did you check off?