**Nutrition BINGO – The Avocado Babe Board**

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| --- | --- | --- | --- | --- |
| Clear out & Stock Pantry (ref, freezer, or dry) | Eat avocado | Read (again) – Clean Eating Manifesto | Subscribe to food/recipe blog - Minimalist Baker  | Try a vegetable for the first time |
|  | **Eat avocado** |  |  |  |
| Make Avocado Toast for a meal | **Eat avocado** | **/Users/fitchicks/Pictures/Photos Library.photoslibrary/resources/media/master/05/00/fullsizeoutput_5b2.jpeg** | **Read & Show****5 facts about****benefits of avocado** | **Email recipe with avocado** |
|  | **Eat avocado** |  |  |  |
| Find Amy’s Pinterest Board “YUMMY” | **Eat avocado** | **Read (again) – Carbohydrate Counts Guide** | **Meal Prep for the week** | **Make one** **“Kay Recipe”** |

* ***Add your own “clean eating” goals to the empty boxes; help us encourage you!***
* ***First 3 clients to a complete board win… DSW Gift Card Prize***
* ***Everyone with 1 BINGO, gets a chance to win a Kroger gift card prize***

**Nutrition BINGO – No Dairy Fairy Board**

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| Clear out – Stock Pantry (ref, freezer, or dry) | Dairy No; 10+g Protein, >150 Cal Snack, yes!(protein replaced) | Read (again) – Clean Eating Manifesto(link in email) | Subscribe to food/recipe blog - Minimalist Baker  | Try a vegetable for the first time |
|  | Dairy No; Collards or Spinach YES!(calcium-rich) |  |  |  |
| Make DAIRY-FREE smoothie for a meal | **NO DAIRY DAY****(that means no coffee creamer, butter, etc)** | **/Users/fitchicks/Pictures/Photos Library.photoslibrary/resources/media/master/05/00/fullsizeoutput_5b2.jpeg** | **Read & Show****5 facts about****benefits of DAIRY-FREE** | **Email recipe, main ingredient a DAIRY-Substitute** |
|  | Dairy No; Nut/Soy Milk drink or treat yes!(creamy-yumminess) |  |  |  |
| Find Amy’s Pinterest Board “YUMMY” | **Dairy No;****Vitamin D Supplement yes!**(Vitamin D) | **Read (again) – Carbohydrate Counts Guide**(link in email) | **Meal Prep for the week** | **Make one** **“Kay Recipe”****(samples in Lobby)** |

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**Nutrition BINGO – The LOVE-Legs Board**

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| --- | --- | --- | --- | --- |
| Clear out – Stock Pantry (ref, freezer, or dry) | Eat Legumes(Peas, Bean, Lentils) | Read (again) – Clean Eating Manifesto(link in email) | Subscribe to food/recipe blog - Minimalist Baker  | Try a vegetable for the first time |
|  | **Eat** Legumes(Peas, Bean, Lentils) |  |  |  |
| Make LEGUME sandwich or toast for a meal | **Eat** Legumes(Peas, Bean, Lentils) | **/Users/fitchicks/Pictures/Photos Library.photoslibrary/resources/media/master/05/00/fullsizeoutput_5b2.jpeg** | **Read & Show****5 facts about****benefits of LEGUMES** | **Email recipe, main ingredient a LEGUME** |
|  | **Eat** Legumes(Peas, Bean, Lentils) |  |  |  |
| Find Amy’s Pinterest Board “YUMMY” | **Eat** Legumes(Peas, Bean, Lentils) | **Read (again) – Carbohydrate Counts Guide**(link in email) | **Meal Prep for the week** | **Make one** **“Kay Recipe”****(samples in Lobby)** |

* ***Add your own “clean eating” goals to the empty boxes; help us encourage you!***
* ***First 3 clients to a complete board win… DSW Gift Card Prize***
* ***Everyone with 1 BINGO, gets a chance to win a Kroger gift card prize***