

# Summer of Wellness

## YOU ARE WHAT YOU COOK



### AUGUST CHALLENGE

**Our busy lives can make cooking look impossible.**

However, thanks to easy-to-make recipes, there are many ways to create healthy, delicious meals for yourself. Try to cook your own food at least three days per week.

1 <input type="checkbox"/> COOKED	2 <input type="checkbox"/> COOKED	3 <input type="checkbox"/> COOKED
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Week 1:

Meal 1 \_\_\_\_\_

Meal 2 \_\_\_\_\_

Meal 3 \_\_\_\_\_

4 <input type="checkbox"/> COOKED	5 <input type="checkbox"/> COOKED	6 <input type="checkbox"/> COOKED	7 <input type="checkbox"/> COOKED	8 <input type="checkbox"/> COOKED	9 <input type="checkbox"/> COOKED	10 <input type="checkbox"/> COOKED
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Week 2:

Meal 1 \_\_\_\_\_

Meal 2 \_\_\_\_\_

Meal 3 \_\_\_\_\_

11 <input type="checkbox"/> COOKED	12 <input type="checkbox"/> COOKED	13 <input type="checkbox"/> COOKED	14 <input type="checkbox"/> COOKED	15 <input type="checkbox"/> COOKED	16 <input type="checkbox"/> COOKED	17 <input type="checkbox"/> COOKED
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Week 3:

Meal 1 \_\_\_\_\_

Meal 2 \_\_\_\_\_

Meal 3 \_\_\_\_\_

18 <input type="checkbox"/> COOKED	19 <input type="checkbox"/> COOKED	20 <input type="checkbox"/> COOKED	21 <input type="checkbox"/> COOKED	22 <input type="checkbox"/> COOKED	23 <input type="checkbox"/> COOKED	24 <input type="checkbox"/> COOKED
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Week 4:

Meal 1 \_\_\_\_\_

Meal 2 \_\_\_\_\_

Meal 3 \_\_\_\_\_

25 <input type="checkbox"/> COOKED	26 <input type="checkbox"/> COOKED	27 <input type="checkbox"/> COOKED	28 <input type="checkbox"/> COOKED	29 <input type="checkbox"/> COOKED	30 <input type="checkbox"/> COOKED	31 <input type="checkbox"/> COOKED
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CHALLENGE COMPLETE:  YES

Submit for prizes by emailing a photo or scan to [knews@ketteringhealth.org](mailto:knews@ketteringhealth.org)  
Find more info at [knewsmobile.com](http://knewsmobile.com)

YOUR NAME: \_\_\_\_\_