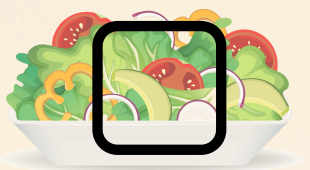
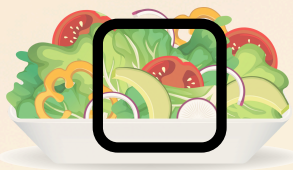


# Salad Challenge

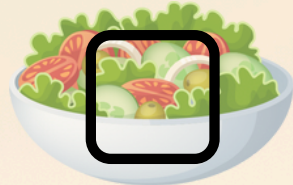
- Eat a nutrient-dense salad at least 4x/week.
- Each week, check off the number of salads you eat.
- A “nutrient-dense” salad is a salad that would have a hearty amount of vegetables.
- The salad does NOT have to be a “leafy green salad”. It can be a salad with a quinoa, chickpeas, pasta, etc. BUT, the salad does need to have a good amount of veggies in it.

Name: \_\_\_\_\_ Department: \_\_\_\_\_

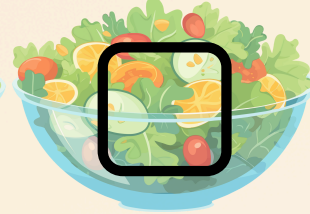
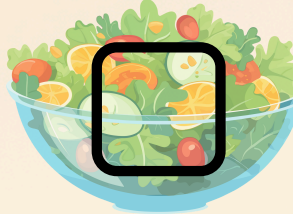
**July  
6-12**



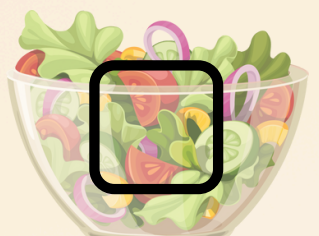
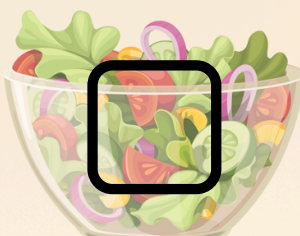
**July  
13-19**



**July  
20-26**



**July  
27-31**



Send completed challenges to Kristina at [kloughborough@maconnc.org](mailto:kloughborough@maconnc.org) for 10 LIFE points.