



Week 9 Nutrition Challenge

THIS WEEK TRY TO EAT A NEW PROTEIN.

PROTEINS INCLUDE ALL FOODS FROM: SEAFOOD, MEAT, POULTRY AND EGGS; BEANS, PEAS, AND LENTILS; NUTS, SEEDS, AND SOY

***TIP: PROTEINS ARE THE BUILDING BLOCKS FOR BONES, MUSCLES, SKIN , BLOOD, HORMONES, AND VITAMINS**