

OPERATION: EAT RIGHT!

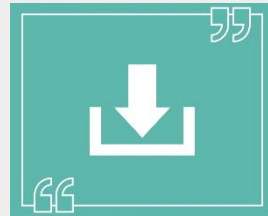


MISSION 2: COOKING YOUR MEALS Monday, June 18 – Sunday, July 1

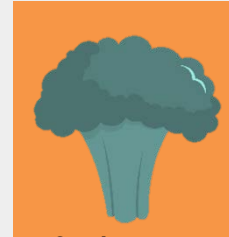
Add a new recipe from Zipongo to your grocery list each week of the Mission and earn 800 points each week!



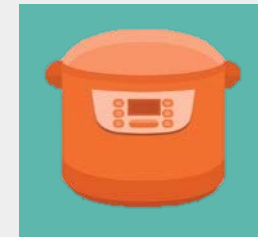
Cook the week's meals on the weekend!



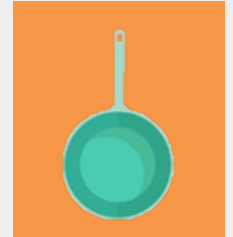
Download a new recipe each week from Zipongo!



Stock up on frozen vegetables!



Try a slow cooker recipe for a no-fuss dinner!



Step out of your comfort zone & try a new recipe!

MONDAY 6/18

TUESDAY 6/19

WEDNESDAY 6/20

THURSDAY 6/21

FRIDAY 6/22

SAT. 6/23

SUN. 6/24

MY GOALS

MONDAY 6/25

TUESDAY 6/26

WEDNESDAY 6/27

THURSDAY 6/28

FRIDAY 6/29

SAT. 6/30

SUN. 7/1