



Meatless in May Challenge!

Meatless in May is now a global movement. Ditching meat has been scientifically proven to lower your risk of heart disease, help you lose weight, reduce your lifetime risk of type 2 diabetes, and keep blood pressure in check.

Challenge Dates: May 1st – May 31st

How it works: Do not consume any meat for at least 10 days during the month of May.

- Meat includes: All meat such as beef, poultry, pork, and fish
- Give yourself 2 points for every day you don't consume any meat product.
- Email the Challenge Log sheet to wellness@creativefoam.com **by June 10th.**

This challenge is worth 20 Wellness Points.

Tips for Success:

- Opt for Whole grain
- Prep ahead
- Order meatless takeout
- Explore Plant-based meat alternatives
- Try a New Vegetable
- Make this recipe (QR code):



(Places with meatless takeout: Jimmy Johns, Detroit Wings, Pitaway, Roly Poly, BK Impossible Whopper, A&W's, Starbucks, Taco Bell and more!)

