weight loss

Use oil or vinegar dressing	Add an avocado to a meal	Forego favorite snack for day	Try a fruit yogurt cereal parfait	No soda for a day
Eat a meal using all four food groups	Use cauliflower broccoli or raw green beans in a salad	Roast vegetables	Add beans to a salad	Stir fry with a protein
Try a spray on spice	Vegetable pasta	**FREE**	Add berries to a salad	Instead of sweet brush your teeth
Lemon or lime to water	Try a new type of fish	Meatless meal	Fruit salad for dessert	Reduce jello or pudding for dessert
Fruit and cottage cheese for breakfast	Drink only water for a day	Salad with protein other then chicken	Walk around during commercial	Exercise at lest 3 x a week

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weight loss

Vegetable pasta	Add beans to a salad	Try a fruit yogurt cereal parfait	Eat a meal using all four food groups	Roast vegetables
Forego favorite snack for day	Walk around during commercial	No soda for a day	Drink only water for a day	Stir fry with a protein
Lemon or lime to water	Add berries to a salad	**FREE**	Instead of sweet brush your teeth	Add an avocado to a meal
Fruit salad for dessert	Salad with protein other then chicken	Use oil or vinegar dressing	Exercise at lest 3 x a week	Try a new type of fish
Meatless meal	Reduce jello or pudding for dessert	Try a spray on spice	Use cauliflower broccoli or raw green beans in a salad	Fruit and cottage cheese for breakfast

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weight loss

Drink only water for a day	Salad with protein other then chicken	Add beans to a salad	Reduce jello or pudding for dessert	Add berries to a salad
Use oil or vinegar dressing	Lemon or lime to water	Meatless meal	Use cauliflower broccoli or raw green beans in a salad	No soda for a day
Try a spray on spice	Exercise at lest 3 x a week	**FREE**	Try a new type of fish	Fruit salad for dessert
Vegetable pasta	Stir fry with a protein	Try a fruit yogurt cereal parfait	Walk around during commercial	Forego favorite snack for day
Instead of sweet brush your teeth	Add an avocado to a meal	Roast vegetables	Eat a meal using all four food groups	Fruit and cottage cheese for breakfast

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