

4 WEEK CHALLENGE

to make the switch to whole grains!

1. Print out the second page of this pdf and place it on your fridge as a handy reminder
2. Take notes and keep track of your progress!



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SWITCH TO WHOLE GRAINS



week

1

Explore new whole grains

week

2

Spot whole grain products

week

3

Upgrade your meals

week

4

Share your whole grain hacks

MON.

TUE.

WED.

THU.

FRI.

SAT.

SUN.