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Dine 'N Dish Challenge

You can dish it out, but can you take it?



The onset of Fall means shorter daylight hours and increasingly colder days in most parts of the country. With this literal change in which we greet our days, our routines also change and with the addition of the cold weather into the mix many people fall back on habits that aren't the healthiest.

The Dine 'N Dish Challenge is therefore meant to jump start a new behavior that will make healthy meal planning and preparation easier. The concept seems so simple, you might not see how it will work – but after this 10-day challenge you'll come to find that the shift in your thinking and subsequent approach will make things easier during those winter months when the less healthy foods options are calling.

The above punch card, pulled together by Andi at [Lunch It, Punch It](#), is for you to use throughout the challenge as a fun way to keep track of each day that you've completed the challenge.

Pair this punch card with the Dine 'N Dish challenge pledge and quick list and you'll be on your way to dishing out tasty, healthy meals!