


October 2016 Monthly Challenge Options

Option 1: Pick from the "12 Delicious and Healthy Snacks" while choosing a snack at least 3 times a week, for the entire month of October 2016.

12 DELICIOUS AND HEALTHY SNACKS

(Pssst! They're all under 100 calories too!)
100PSUNDS100CALORIES.TUMBLR.COM

 <p>APPLE SLICES AND PB 1 small apple sliced 1/2 tbsp peanut butter</p>	 <p>BANANA BERRY SMOOTHIE 1/2 banana 1/4 cup berries 1/2 cup almond milk A few ice cubes and water</p>
 <p>FROZEN FRUITS A few grapes 1/2 banana A few strawberries Freeze overnight</p>	 <p>CEREAL AND MILK 1/2 cup cereal 1/2 cup skim milk (Or 1/2 cup oatmeal and water)</p>
 <p>FRUIT AND YOGURT PARFAIT 1/2 cup fat-free yogurt 1/2 cup berries Sprinkle of granola</p>	 <p>REVERSE WRAP 1 slice turkey, ham, beef, or chicken 1/2 cup spinach (or veggie of your choice) Roll up and enjoy</p>
 <p>GUILT FREE POPCORN 3 cups air popped popcorn Optional: 1 packet 0 calorie sweetener (No butter!)</p>	 <p>BREAD AND JAM 1 slice whole grain bread 1 tsp no sugar added jam</p>
 <p>RICE CAKE AND PB 1 rice cake 1 tbsp peanut butter</p>	 <p>OMELETTE 1 egg 1/2 cup chopped veggies Optional: spices Mix together and fry with cooking spray</p>
 <p>CINNAMON AND FRUIT 1 large apple or 1 banana 1 tsp of cinnamon Optional: heat in microwave for a pie filling taste</p>	 <p>FRUIT POPSICLE 1/3 cup low fat-free 1/2 cup fruit of your choice 1/3 cup water Freeze overnight</p>

Option 2: Walk for at least 30 minutes over your lunch hour at least 3 times a week for the entire month of October 2016; Optional modification – Walk for at least 15 minutes over your lunch hour at least 3 times a week for the entire month of October 2016.



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!

Location: <https://hyperdrive2.hyperoffice.com/Groups/Positive Pulse Wellness/MONTLY CHALLENGES/2016>
Original: 10/2/2016
Revised: