



# May 2016 Monthly Challenge Options for WCDHD

- Complete at least 100 of one of the following: Squats, lunges, push-up, crunches, sit-ups, jumping jacks, rope jumps, etc. at least 3 X a week for the month of May 2016.



- Add at least one fat burning foods to breakfast, lunch, and supper, at least 3 X a week for the month of May 2016.

FAT BURNING FOODS			
VEGETABLES	NATURAL STARCHY CARB AND WHOLE GRAINS	FRUITS	LEAN PROTEINS
 BROCCOLI	 YAMS & SWEET POTATOES	 BANANAS	 TUNA
 TOMATOES	 BEANS	 PINEAPPLE	 TOP ROUND STEAK
 CUCUMBERS	 CREAM OF RICE HOT CEREAL	 APPLES	 CHICKEN BREAST
 MUSHROOMS	 OATMEAL	 ORANGES	 EGG WHITES
 ONIONS	 WHOLE WHEAT PASTA	 PEACHES	 FLANK STEAK
 PEPPERS	 WHITE POTATOES	 STRAWBERRIES	 TURKEY BREAST
 SPINACH	 100% WHOLE WHEAT BREAD	 GRAPEFRUIT	 SALMON
 ASPARAGUS		 BLUEBERRIES	 BISON/BUFFALO

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