July Monthly Challenges

Challenge 1

Take on Meal Planning.

Take two weeks of July and meal plan. This has many benefits and can help you stay on track to eating healthy and avoid binging.

Don’t know how to meal plan?

I’ve included a website to help you

https://blog.myfitnesspal.com/meal-planning-for-beginners/

Take a picture of your portioned foods and post them to the Staff Posse Facebook page.

I am always looking different ideas 😊

Challenge 2:

I am a huge fan of chicken/egg/tuna salad sandwiches, which are a favorite for those summer get-togethers.

Unfortunately, they can be loaded with calories.

I challenge you to make your own healthy version of a sandwich of your choice and share your recipe and a picture of your sandwich (yes you actually have to make it 😋) on the Staff Posse Facebook Page.

Also, complete the Full-Boy Yoga Flow 2-3 times a week.