



Snack Swap Challenge

See how many you can swap out for healthier alternatives this month!

This

for

That

- | | | |
|--------------------------|--------------|------------------|
| <input type="checkbox"/> | Popsicle | Frozen grapes |
| <input type="checkbox"/> | Butter | Avocado mash |
| <input type="checkbox"/> | Chicken wrap | Lettuce wrap |
| <input type="checkbox"/> | Juice | Fruit |
| <input type="checkbox"/> | Beef burger | Veggie burger |
| <input type="checkbox"/> | Potato chips | Popcorn |
| <input type="checkbox"/> | Dessert | Dark chocolate |
| <input type="checkbox"/> | Butter toast | Avocado toast |
| <input type="checkbox"/> | Granola | Oats |
| <input type="checkbox"/> | Milkshake | Smoothie |
| <input type="checkbox"/> | Bagel | Rice cakes |
| <input type="checkbox"/> | Naked juice | Kombucha |
| <input type="checkbox"/> | White rice | Cauliflower rice |
| <input type="checkbox"/> | Soda | Sparkling water |
| <input type="checkbox"/> | Ranch | Hummus |
| <input type="checkbox"/> | Noodles | Spaghetti squash |
| <input type="checkbox"/> | Sour cream | Greek yogurt |
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