

# 21-Day Nutrition Challenge Bingo

	<p><b>DAY 1</b></p> <p><b>Protein Power</b> Have a protein-rich breakfast like mushroom omelet or oats dosa with paneer or channa filling</p>	<p><b>DAY 2</b></p> <p><b>Color your plate!</b> Add a healthy colorful salad to one of your meals today</p>	<p><b>DAY 3</b></p> <p><b>Go Green!</b> Eat 2 servings (2 cups) of vegetables today</p>	
<p><b>DAY 4</b></p> <p><b>It's Fruit Day!</b> Have any 2 of your favorite fruits today</p>	<p><b>DAY 5</b></p> <p><b>Snack Smart!</b> Snack on a bowl of fox nuts (makhana) instead of butter popcorn</p>	<p><b>DAY 6</b></p> <p><b>Stay Hydrated!</b> Drink buttermilk and soups to increase your fluid intake</p>	<p><b>DAY 7</b></p> <p><b>Energize before exercise</b> Eat a banana before your workout routine</p>	<p><b>DAY 8</b></p> <p><b>Twilight Supper</b> Have your dinner before sunset</p>
<p><b>DAY 9</b></p> <p><b>It's Swap Day!</b> Replace white rice with millets like foxtail, barnyard, and little millet</p>	<p><b>DAY 10</b></p> <p><b>The Art of Eating Slowly!</b> Chew every bite several times to savor the food, eat less and yet feel full</p>	<p><b>DAY 11</b></p> <p><b>Happy Gut, Happy You</b> Include probiotics like curd, buttermilk, and yogurt in your meals</p>	<p><b>DAY 12</b></p> <p><b>Get more Zzzz...</b> Have a cup of chamomile tea before bedtime for a good night's sleep</p>	<p><b>DAY 13</b></p> <p><b>You're Sweet Enough!</b> Say NO to refined sugar and artificial sweeteners</p>
<p><b>DAY 14</b></p> <p><b>Not All Fat is Bad!</b> Add a teaspoon of flaxseed powder to cereal, oatmeal and salad</p>	<p><b>DAY 15</b></p> <p><b>Oh, Say No</b> To processed foods, ready-to-cook foods, and carbonated beverages</p>	<p><b>DAY 16</b></p> <p><b>Spice It Up!</b> Boil spices and condiments like cinnamon, cardamom, ginger, and turmeric in water to make an immunity-boosting drink</p>	<p><b>DAY 17</b></p> <p><b>Slurp your supper!</b> Dig into a hearty vegetable soup for dinner</p>	<p><b>DAY 18</b></p> <p><b>Cut Back on Salt</b> Limit your salt intake to less than 5 grams (1 teaspoon) a day</p>
	<p><b>DAY 19</b></p> <p><b>Color Your Roti</b> Add your favorite vegetable to the roti dough to increase vegetable intake.</p>	<p><b>DAY 20</b></p> <p><b>Try Something New!</b> Eat a fruit or a vegetable you've never tried before</p>	<p><b>DAY 21</b></p> <p><b>Go Nuts!</b> Snack on a handful of nuts and seeds of your choice</p>	