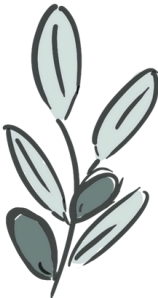


Week 1

NUTRITIONAL WELLBEING

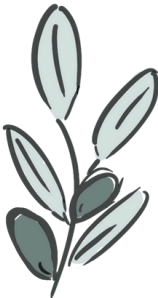
Bingo Card

Meditate	Cook with garlic	In bed by 10pm
Add a protein source to every meal		Try a new recipe
2L water every day	Make soup from scratch	Bulk batch 3 meals

Week 2

NUTRITIONAL WELLBEING

Bingo Card

Plan your meals for the week	Eat 30 plants a week	Try a vegetable you've never tried before
Add beans/pulses to a meal		Eat breakfast outside
Cook with Extra Virgin Olive Oil	Yoga	Read 50 pages of a book

Week 3

NUTRITIONAL WELLBEING

Bingo Card

50,000 steps	Add turmeric to any meal this week	Swap coffee/tea for green tea
Journal your thoughts		30g fibre a day
Swap milk chocolate for dark chocolate	Try a new exercise	Have a savoury breakfast

Week 4

NUTRITIONAL WELLBEING

Bingo Card

Try a new herbal tea	Make a meal with chickpeas	No phone 2 hours before bed
10 push-ups a day		Check in with a friend
Buy organic fruit and vegetables	Batch make your breakfasts for the week	Make a smoothie