

BETTER & BETTERER

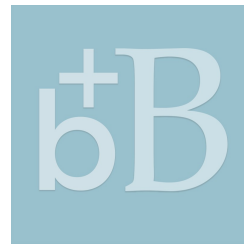
EPISODE 6: EAT REAL FOOD WITH KATIE FARINA

BetterAndBetterer.com/6



1 Week: Eat 5 Different Veggies a Day Challenge!

Eat five DIFFERENT veggies a day. Try to make it fun & creative!



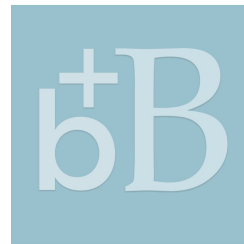
DAY 1: What veggies did you eat?

DAY 2: What veggies did you eat?

DAY 3: What veggies did you eat?

Eat 5 Different Veggies a Day Challenge!

(Continued)



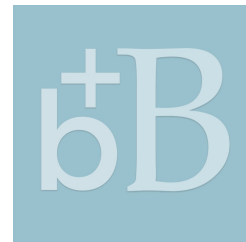
DAY 4: What veggies did you eat?

DAY 5: What veggies did you eat?

DAY 6: What veggies did you eat?

Eat 5 Different Veggies a Day Challenge!

(Continued)



DAY 7: What veggies did you eat?

REFLECTION:



CONGRATS!

You are amazing! You finished the challenge! Please let us know how it went by hitting us up on Instagram:

@BetterAndBetterer
@katieshealingkitchen