

# Join the Healthy Meal Planning 30-Day Challenge!

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Parlons-en. **paesf**

With the fresh start of the fall season comes a fresh new routine. As we move out of summer vacation mode, and back into the full swing of things, it's time to get organized. The return to routine is a great opportunity to set up some healthy habits that will keep you on track for the rest of the year. With a little planning, you can enjoy healthy meals during the busy work week, without the stress.

Healthy meal prep will allow you to discover the pleasure of cooking and eating well and save you from having to resort to costly and less nutritious fast-food, takeout and vending machine options. Finally, you can reach your health goals, while saying goodbye to mealtime madness, and saying hello to feeling totally on the ball.

How do you know if this challenge is for you? Are you tired of never knowing what to pack for lunch? Are you looking for delicious dinner recipes that are realistic with a busy work week schedule? Do you want to cut down on mealtime stress and finally feel on top of things at mealtime? If you want to find out more about how to save time and money, while cooking healthy, tasty meals at home, this is the challenge for you.

During the next 30 days, your FSEAP Registered Dietitian will coach you every step of the way to help you achieve your nutrition goals. This challenge creates an opportunity for you to take control of your health in a way that fits your needs and lifestyle.

## The 30-Day Healthy Meal Planning Challenge:

- Receive practical information, recipes, and tips to get started, and to keep you motivated, focused and successful!
- Get personalized guidance while discussing your progress and questions with your Registered Dietitian in 30-minute weekly conversations.
- Be supported and coached throughout the entire 30-day journey.

Challenge Accepted? Don't let the next 30 days pass you by.

**Sign up today!**

