

Take the Fresh Express #FreshIntentions 2023 Challenge



From January 2nd until January 31st, share the result of your daily challenge with the hashtag #FreshIntentions for a chance to win a year's worth of Fresh Express Salad.

- Write and share your health goal and why it matters
- Drink more water
- Add more steps to your daily routine!
- Eat MORE greens
- Replace a sugary snack with a fruit
- Cook a meal together with your family
- Plan your meals for next week
- Replace saturated fats with unsaturated
- Bring your own lunch to work
- List 3 things you are grateful for
- Try a new activity
- Eat salad for dinner
- Host a family and friend game night
- Don't eat late at night
- Do something for others
- Take a brisk walk during your lunch break
- Try a new healthy recipe
- Have a no complaining day
- Bring a healthy snack to work
- Make a green smoothie
- Make all your meals from scratch
- Make half your plate veggies
- Say 3 nice things about yourself
- Meditate
- Eat your meals on a smaller plate
- Choose whole grains
- Practice mindful eating
- Spend 15 minutes stretching
- Make it a meatless Monday
- Choose your habits and make a plan

