

# Meatless Meals Challenge

A CHS Teammate Engagement Prize Drawing – All in to Win!



Go Meatless! Consuming less animal products reduces the amount of saturated fat in your meals and helps the environment. Taking time to focus on fruits, vegetables and whole grains leads to a healthier diet.

**GOAL:** See how many days you can achieve the meatless goal listed for each week.

A minimum of 12 days meeting the suggested goal is required to earn your *All in to Win* prize drawing entry.

**\*\*NON-MEAT PROTEIN SOURCE IDEAS:** Beans, soy products, Tofu, milk, dairy products, cheese, nuts, nut butter, eggs and egg whites.

GOALS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Eliminate red meat from your diet (including beef, steak, hamburgers etc.) Eat lean pork, chicken, fish or beans instead – **Other protein sources	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>	Red Meat Free <input type="checkbox"/>
Week 2	Eliminate red meat and pork (including bacon, ham etc.) **Other protein sources	Red Meat and Pork Free <input type="checkbox"/>	Red Meat and Pork Free <input type="checkbox"/>	Red Meat and Pork Free <input type="checkbox"/>	Red Meat and Pork Free <input type="checkbox"/>	Red Meat and Pork Free <input type="checkbox"/>	Red Meat and Pork Free <input type="checkbox"/>	Red Meat and Pork Free <input type="checkbox"/>
Week 3	Eliminate red meat, pork and poultry (this includes chicken, duck, turkey etc.) **Other protein sources	Red Meat, Pork and Poultry Free <input type="checkbox"/>	Red Meat, Pork and Poultry Free <input type="checkbox"/>	Red Meat, Pork and Poultry Free <input type="checkbox"/>	Red Meat, Pork and Poultry Free <input type="checkbox"/>	Red Meat, Pork and Poultry Free <input type="checkbox"/>	Red Meat, Pork and Poultry Free <input type="checkbox"/>	Red Meat, Pork and Poultry Free <input type="checkbox"/>
Week 4	Meatless Meals! Eliminate red meat, pork, poultry and fish! **Other protein sources	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>	All Meals Meatless <input type="checkbox"/>

- **Report your results to be entered into the *All in to Win* prize drawing:** After challenging yourself for four weeks go to [LiveWELL.CarolinasHealthCare.org](http://LiveWELL.CarolinasHealthCare.org), then *All in to Win Challenges* or click [here](#) to report the number of days in 4 consecutive weeks that you achieved the goal.
- **Be sure to enter your correct six-digit employee ID when reporting.** Each new challenge completed and reported will earn four entries in the *All in to Win* Prize Drawing.
- **Questions:** Contact CHS LiveWELL at 704-355-8136 or email [LivewellEvents@CarolinasHealthCare.org](mailto:LivewellEvents@CarolinasHealthCare.org)

**Total Days meeting goal:**



Carolinas HealthCare System

