

March Meatless Monday Challenge

Record your
meatless meals

Monday March 2

Breakfast	
Lunch	
Dinner	

Monday March 9

Breakfast	
Lunch	
Dinner	

Monday March 16

Breakfast	
Lunch	
Dinner	

Monday March 23

Breakfast	
Lunch	
Dinner	

Monday March 30

Breakfast	
Lunch	
Dinner	

Full Name:

Email:

Phone:



SUBMIT YOUR COMPLETED
TRACKING SHEET TO
SJOOSSE@UOGUELPH.CA OR
SEND A COPY TO SARAH
JOOSSSE IN HUMAN RESOURCES
BY APRIL 3, 2020.