

# 3-Day Heart Challenge Tracker



**GOAL:** Eat at least 1 heart-healthy food item at every meal for 3 days.

MEAL	DAY 1 FOOD	DAY 2 FOOD	DAY 3 FOOD
Breakfast			
Lunch			
Dinner			

✨ **BONUS:** Share a photo of one meal each day on our Facebook Page!

🌐 Help Me Help You | Long Beach CA [www.facebook.com/helpLB](http://www.facebook.com/helpLB)

## 💡 Quick Tips for Flavor Without Salt

- ✓ Use fresh garlic, onions, lemon juice
- ✓ Try herbs like basil, oregano, thyme
- ✓ Add a splash of vinegar
- ✓ Spice it up with chili powder, paprika, turmeric

❤️ **Final Reminder:**

**Every small step you take protects your heart!**