

NO SALT



**NO ADDED SALT
FOR 30 DAYS
CHALLENGE**

@ darebee.com

| | | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 1 No extra salt in my food today! | 2 No extra salt in my food today! | 3 No extra salt in my food today! | 4 No extra salt in my food today! | 5 No extra salt in my food today! |
| 6 No extra salt in my food today! | 7 No extra salt in my food today! | 8 No extra salt in my food today! | 9 No extra salt in my food today! | 10 No extra salt in my food today! |
| 11 No extra salt in my food today! | 12 No extra salt in my food today! | 13 No extra salt in my food today! | 14 No extra salt in my food today! | 15 No extra salt in my food today! |
| 16 No extra salt in my food today! | 17 No extra salt in my food today! | 18 No extra salt in my food today! | 19 No extra salt in my food today! | 20 No extra salt in my food today! |
| 21 No extra salt in my food today! | 22 No extra salt in my food today! | 23 No extra salt in my food today! | 24 No extra salt in my food today! | 25 No extra salt in my food today! |
| 26 No extra salt in my food today! | 27 No extra salt in my food today! | 28 No extra salt in my food today! | 29 No extra salt in my food today! | 30 No extra salt in my food today! |