

# 21 DAY BEAN CHALLENGE

- Eat 1/2 cup of beans daily (anyway you can) for 21 days straight
- Follow us on social media for tips & recipes to stay motivated
- The prize? A healthier YOU!

## Week 1

01

Beans and Toast

02

Bean Chili

03

Taco Pizza with Pinto/Black Bean Smear

04

Cold Bean Salad

05

Pick your recipe from [beans4life.org](http://beans4life.org)

06

Black or Pinto Bean Hummus

07

Beans for Breakfast: Beans + Eggs

## Week 2

08

Black Bean Smoothie

09

Burrito Bowl

10

Black Bean Brownies

11

White Bean Pancakes

12

Ham and Bean Soup

13

Black Bean Burgers or Meatballs

14

Beans on salad - Southwest or Tuscan!

## Week 3

15

White Bean Cookies

16

Tacos with Black or Pinto Beans!

17

Side Dish - Baked Beans or Bean Salad!

18

Bean (Veggie) Lasagna

19

Beans for Breakfast: Breakfast Burritos

20

Nachos with Black Bean Chips

21

Bean Pesto Pasta