



New Year

21-Day Meal Prep Challenge

The **New Year** is the perfect time to run a challenge to attract new clients and nourish your leads. Share this **healthy and delicious** meal plan with your clients to help them reach their goals in 2024.

**It's all done for you and ready to use
in your practice right now**



For **Practice Better Pro, Plus, and Teams** plan customers: Add this program to your [Practice Better portal](#) using code **PBNYCHALLENGE**



For **That Clean Life** customers: Import this program into your That Clean Life account [here](#).



For **Practice Better Starter plan** customers, **Sprout plan** users, and **non-customers**: Download the program in PDF format [here](#).

Some other helpful resources to get you going:



Tutorial: Learn more about this program and how to customize it [here](#).



Guide: Learn how to run a challenge [here](#).



Canva Templates: Advertise the challenge on your website with these editable, done-for-you banners and page breaks [here](#).