

Fuel with Huel

Keep yourself motivated.

Target: One Huel a Day

(circle your reason)

Why Huel: Eat Healthier Lose Fat Get Fit Eat plant-based
 Save Money Save Time

1 day one, lets do this	2	3	4	5	6	7 come on, let's crack out the blender today
8	9	10 PS: Pop your Huel in the fridge tonight	11	12	13	14
15	16	17	18	19	20 Go ooooo, add a spoon of P.B to your Huel	21
22	23 Take 10 mins this morning to check in with yourself	24	25	26	27	28
29	30	31 It doesn't have to stop here...	What other positive habits have you started? Tag @Huel & #Huel for the chance to win			