

Two Bites Bingo

For this family challenge: Consider choosing a prize before you start.
Make it a reward the whole family will love.

Either pick challenges randomly (perhaps by writing them down and picking from a hat) or assigning each family member a turn. To mark off a square, everyone must take at least two bites of the food creation. Once you mark off 5 squares in any direction, you win.

Everyone tries a new food— while wearing a blindfold.



Pair a food you think is super yummy with a food you think is super yucky.



Cover a food you hate with chocolate, ice cream, or peanut butter.

Add something different to tacos.

Tonight's protein: **tofu, beans, or lentils.**



Drizzle olive oil over vanilla ice cream. **Add a sprinkle** of sea salt.

Take a veggie no one likes. **Try 3 toppings** that might make it a-okay.



Grill 3 different types of fruit. Which tastes the best? The worst?

Try an ancient grain: barley, quinoa, or amaranth.



Breakfast for **dinner.**

Try a pear or apple with a slice of Asiago, Parm, or Cheddar cheese.



How slowly can you **eat a square of chocolate?**

FREE

Try the same food 3 ways: boiled, grilled, roasted.

Mix a grownup's favorite cereal with a kid's favorite food.

Try a new protein or veggie on top of pizza.

What happens when you **wrap your least favorite vegetable in bacon** and then roast it?

Try scrambled eggs with fresh dill, salsa, or sriracha on top.



Taste test: Brown rice vs. white vs. wild.

Try an artichoke.



Eat a new food, without using utensils or your hands.

Mix a high protein food into mac and cheese.

Can anyone **guess what new food** I secretly mixed into a family favorite?

Taste test: pea protein pasta vs. whole grain pasta vs. red lentil pasta.

Make your favorite meal from scratch.