



JANUARY 2016 > BUILDING HEALTHY HABITS

START THE WAY YOU WANT TO FINISH

SUN	MON	TUES	WED	THURS	FRI	SAT
MEAL PREP DAY			SHOPPING DAY		NIGHT OUT	SHOPPING DAY
					1	2 Grocery shopping
3 Set monthly fitness goal and share it	4 Clean out fridge/pantry Support launch of FitMenCook Spice Cave & Specialty Blends! ☺	5 MP: Prepare 1 crockpot recipe from FitMenCook.com	6  (1 celery stalk + ½ green apple + 1 cup kale or spinach + lemon juice + 1 teaspoon ginger)	7 NO ADDED SUGAR OR SWEETENER** Eat 2 servings of raw veggies	8 Drink 11 glasses water	9 Grocery shopping Purchase 1 NEW food item to try/cook.
10 MP: Italian Meatballs w/ butternut squash marinara recipe	11 Rep your fridge! Show a picture of your refrigerator and /or pantry.	12 NO ADDED SUGAR OR SWEETENER** Eat your favorite fruit	13 Share your favorite kitchen tool	14 Cook or eat a meal with spinach	15 Calorie-conscious “Night Out”	16 Grocery shopping
17 MP: Quinoa blueberry banana muffins recipe	18 Eat your least favorite vegetable	19 Drink 11 glasses of water	20 NO ADDED SUGAR OR SWEETENER**	21 Black bean hummus recipe	22 Eat 2 servings of raw veggies	23 Shop at a NEW grocery store
24 MP: Muscle Cakes – tuna & red potato patties recipe	25  (1 beet + 1 cup blueberries + 1 celery stalk + 1 medium carrot + juice of 1 orange)	26 Eat anything with avocado	27	28 NO ADDED SUGAR OR SWEETENER** Banana + 1 serving of natural nut butter	29 Calorie-conscious “Night Out”	30 Grocery shopping
31 MP: Sweet Potato Lasagna recipe	Notes: <ul style="list-style-type: none"> ** - Avoid adding sugar/sweetener to meals, or consuming products with added sugar/sweetener. See No-Sugar Challenge on FitMenCook.com for guidelines. MP = meal prep Calorie-conscious “Night Out” – enjoy a healthy meal outside of your kitchen. Seafood > Chicken > Pork > Beef; Baked > fried Find meal prep recipes on FitMenCook.com and in the FitMenCook App Participate in daily challenges by posting photos on Instagram, Twitter & Facebook with the hashtag #FitMenCook. Encourage family and friends to join you! 					