

# MARCH 2016

TRYING SOMETHING NEW



FitMenCook.com | @fitmencook on Instagram, Facebook, YouTube, Twitter

SUN	MON	TUES	WED	THURS	FRI	SAT
MEAL PREP DAY	3-COLORS		SHOPPING DAY		NIGHT OUT	SHOPPING DAY
		<b>1</b> Assess/set goals and make necessary changes.	<b>2</b>	<b>3</b> Make a salad with 3 different leafy greens.	<b>4</b>	<b>5</b>
<b>6</b> MP: Orange Honey Sriracha Chicken	<b>7</b> EVERY meal has 3 colors.	<b>8</b>	<b>9</b> Cook a meal with asparagus.	<b>10</b>	<b>11</b> Share a pic of calorie-conscious meal from a restaurant.	<b>12</b> Grocery shopping at a <u>DIFFERENT</u> store
<b>13</b> MP: Hi-Protein Breakfast Casserole	<b>14</b> EVERY meal has 3 colors.	<b>15</b> Cook a meal with parsnips.	<b>16</b> NO DAIRY - Make it a dairy-free day	<b>17</b> Drink 11 glasses water	<b>18</b>	<b>19</b> Buy and TRY a <b>new</b> complex carbohydrate source for the week (grains, starchy veggie, etc)
<b>20</b> 3-DAY OR 5-DAY VEGAN CHALLENGE	<b>21</b> MP: Meatless Tex-mex Chimichangas	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Good Friday	<b>26</b>
<b>PLANT-BASED DIET – “EAT WHAT ELEPHANTS EAT”</b>						
<b>27</b> MP: Cinnamon & Curry Spiced Chicken Thighs	<b>28</b> EVERY meal has 3 colors.	<b>29</b>	<b>30</b> Cook a meal with pink grapefruit.	<b>31</b> Drink 11 glasses water	<b>Notes:</b> <ul style="list-style-type: none"> <li>• See <b>Vegan Challenge Details</b> on FitMenCook.com for guidelines.</li> <li>• <b>MP</b> = meal prep</li> <li>• Find Meal Prep recipes on FitMenCook.com and in the FitMenCook App</li> <li>• Participate in daily challenges by posting photos on Instagram, Twitter &amp; Facebook with the hashtag #FitMenCook.</li> <li>• Encourage family to do it with you!</li> </ul>	