

APRIL 2016

CATCHING YOUR BREATH



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SUN	MON	TUES	WED	THURS	FRI	SAT
MEAL PREP DAY	2-SERVINGS RAW		SHOPPING DAY		NIGHT OUT	SHOPPING DAY
Notes: <ul style="list-style-type: none"> See NO-Sugar challenge Details on FitMenCook.com for guidelines. MP = meal prep 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 to do it with you! 					1	2
3 MP: Chicken & broccoli casserole	4 Eat at least 2 servings of raw veggies and/or fruits.	5 Drink 11 glasses of water. Infuse it with fresh fruit.	6 Make a salad with 3 different types of greens.	7 Make a meal using squash.	8 Play a <i>safe</i> practical joke on a friend. Laughing burns calories.	9 Shop at a DIFFERENT grocery store in your area.
10 MP: Avocado & Chicken quesadilla	11 Eat at least 2 servings of raw veggies and/or fruits.	12 NO DAIRY - Make it a dairy-free day (yes, that includes some protein shakes)	13	14 Eat ANYTHING with avocado (just keep it healthy-ish).	15 Enjoy a calorie-conscious meal from/at a restaurant.	16
17 EARTH WEEK MP: Soyrito Stuffed bell peppers	18 Share a pic of your reusable grocery bags.	19 Minimize food waste today.	20 Invest in airtight containers so food stays fresh longer.	21 Make a recipe or meal using leftovers.	22 EARTH DAY. Make a pledge to be environmentally friendly.	23 Buy and TRY a new vegetable for the week (or prepare your favorite veggies in a new way)
EARTH WEEK – TAG PICS #FITMENCOOKECO						
24 MP: Burrito bowl burger	25 Eat at least 2 servings of raw veggies and/or fruits.	26 NO SUGAR - Make it a no added-sugar or sweetener day	27	28 Recipe: protein brown rice krispy treats	29 Drink 11 glasses of water. Infuse it with fresh fruit.	30