

JULY 2016

TURNING UP THE HEAT



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

SUN	MON	TUES	WED	THURS	FRI	SAT
MEAL PREP DAY	2-SERVINGS RAW		SHOPPING DAY	3-COLORS	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 Kick off the weekend with a calorie-conscious meal.	2 Assess/set goals and make necessary changes.
3 MP: Sweet potato salad	4 Independence Day (in USA) Cook & eat something "dope" outside.	5 Drink 11 glasses of water. Infuse it with fresh fruit.	6 PREP CHECK! Ensure some of your meals are prepped. If not, go shopping ASAP!	7 Eat at least 3 servings of raw veggies and/or fruits.	8 Do a 15-min HIIT cardio routine with a friend or your "boo," then share a healthy meal.	9 Go grocery shopping with a friend.
10 MP: Balsamic chicken with Brussels sprouts (on <i>Bodybuilding.com Facebook page</i>)	11 Eat at least 2 servings of raw veggies and/or fruits.	12 Eat yourself "hydrated!" Eat 4 whole sticks of raw celery by end of day.	13	14 EVERY meal has 3 colors.	15	16 Grocery shopping at a <u>DIFFERENT</u> store
17 MP: Pulled Pork Carnitas (with brown rice or quinoa)	18 NO SUGAR - Make it a no added-sugar or sweetener day	19	20 NO DAIRY - Make it a dairy-free day	21 EVERY meal has 3 colors.	22	23 Buy and TRY a new complex carbohydrate source for the week (grains, starchy veggie, etc)
24 MP: Dairy-free zucchini, carrot & walnut muffins	25 Eat at least 2 servings of raw veggies and/or fruits.	26 Eat yourself "hydrated!" Eat 1 whole cucumber by end of day.	27 NO SUGAR - Make it a no added-sugar or sweetener day	28 EVERY meal has 3 colors.	29	30 Buy and TRY a new protein source for the week (meat, quinoa, soy, etc)
31 MP: Chili with cauliflower couscous						