

NOVEMBER 2016

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SUN	MON	TUES	WED	THURS	FRI	SAT
MEAL PREP DAY	2-SERVINGS RAW		PREP DAY	3-COLORS	NIGHT OUT	SHOPPING DAY
		1 Start of Good Nutrition Month Assess/set goals and make necessary changes.	2 Fridge check! Clean/organize your fridge. Keep water and healthy snacks in front for easy access. Tag pic #fridgecheckFMC	3 Drink 11 glasses of water. * Start & end every day with a glass of water.	4 Enjoy a calorie-conscious meal away from home.	5
6 MP: DIY Frozen Sweet Potato Waffle	7 Make a fruit salad with at least 3 fruits and add chopped mint!**	8	9 Prep Check! Save money by prepping at least 1 meal for the rest of the week. Post & tag meals #fitmencook	10 CHALLENGE: Share a pic of your meal with at least 3 diff colors of fruits, veggies or grains.	11 Veterans Day Thank a veteran by treating them to a healthy meal!	12 NO-SUGAR Weekend in honor National Diabetes Month. <i>See details below on being sugar-free.</i>
13 Enjoy a gluten-free meal for Gluten Free Awareness MP: Ultimate Slow cooker Lasagna	14 CHALLENGE: add Cinnamon to at least 1 meal or smoothie to add sweetness without sugar.	15 Eat yourself hydrated! Add celery and cucumbers to your daily diet.	16 CHALLENGE: make one of your meals completely vegan or vegetarian.	17	18 DATE NIGHT CHALLENGE: Make your favorite healthy pasta dish but use vegetable pasta instead!	19 Make it an ACTIVE weekend. Visit a farmer's market, community fair or similar activity in your area.
20 Keep it lighter this week! MP: Roasted BBQ Cauliflower	21 Eat at least 2 servings of raw fruit and veggies today	22 CHALLENGE: Make a list of the extra produce you'll need to make HEALTHIER food items based on leftovers from Thanksgiving.	23	24 Thanksgiving Go for a brief walk and be thankful for the gift of life. Enjoy and be GOOD to your body!	25 CHALLENGE: Clean/organize your fridge! Giveaway leftovers, make healthy leftover recipes and rid your fridge/pantry of "trigger foods."	26 Catch your breath. Celebrate yourself and do something GOOD for your mental and physical health.
27 MP: Vegan Blueberry & Walnut Muffins	28 Good Nutrition Month Select 2 new, non-starchy vegetables and research a healthy recipe on how to prepare them.	29 CHALLENGE: Get active and drink at least 1/2 gallon of water today! Keep track by marking your progress on your water jug.	30 Assess your progress and final month goals. Prep at least 1 meal for the rest of the week.	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! • (***) - Check out: 3 Tips to Make a Breakfast Fruit Salad on fitmencook.com 		