



# FEBRUARY 2017

February is American Heart Month. Maintain a diet rich in Omega-3 Fatty Acids with foods such as Salmon & fresh Tuna.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Meal Prep Day	Raw Produce Focus	Hydration Focus	Meal Prep Day	3-Color Focus	Night Out / Vegan	Shopping / Activity
			<b>1</b> MP: Red Bean & cauliflower rice recipe.	<b>2</b> Get in at least three colors at breakfast today. Get creative!	<b>3</b> <b>CHALLENGE:</b> Calorie conscious date night at a Vegan restaurant, find one in your area.	<b>4</b> Write out your grocery list and make sure 90% of it can be found on the perimeter of the store.
<b>5</b> MP: Ultimate Salmon Burgers recipe	<b>6</b> Throw a serving of leafy greens into a smoothie today for extra heart-healthy magnesium.	<b>7</b> Crunch on some cucumbers for a snack today for a little extra hydration.	<b>8</b> Make a batch of cauliflower rice to eat all week! Just shred it in the food processor	<b>9</b> Try not to repeat any colors in your meals today. Aim to get every color of the rainbow! Hint: salad	<b>10</b> Hang out with a friend and pledge to not spend money. Try an evening walk or Netflix & chill...	<b>11</b> <b>CHALLENGE:</b> Enjoy time with your SO at a calorie conscious dinner out. Split a dessert to consume less calories!
<b>12</b> Facebook Live-Time TBD MP: Salmon Avocado & Pineapple chopped salad.	<b>13</b> Use mini-sweet bell peppers for a snack. Try with hummus or guac.	<b>14</b> Valentine's Day: Create a fruit infused Strawberry & Mint water for your Valentine.	<b>15</b> MP: Chipotle Flank Steak Taco Salad	<b>16</b> Make a tri-color smoothie today—not including protein powder	<b>17</b> Eat TWO vegan meals today.	<b>18</b> Go grocery shopping with a friend who needs a "healthy buddy". Keep each other accountable!
<b>19</b> MP: Sweet Chili Almonds recipe	<b>20</b> Crunch carrots today for a BOOST of free radical-fighting carotenoids.	<b>21</b> Challenge yourself to drink 11 glasses of non-sugary liquid.	<b>22</b>	<b>23</b> Make an omelet with three colors. Use a veggie you've never tried.	<b>24</b> Try a new vegan recipe. My Mexican Quinoa recipe is bomb!	<b>25</b> Find a veggie you've never had and add it to your grocery list.
<b>26</b> MP: Mediterranean Greek Chopped Salad Wrap	<b>27</b> Snack on fresh cherry tomatoes today (the lycopene is great for your heart!)	<b>28</b> Challenge a buddy to a hydrate today. See who can finish at least 64 ounces of water first!	<b>Notes:</b>			
<ul style="list-style-type: none"> <li>• SHARE your journey! TAG pics/videos #FitMenCook and/or #FitWomenCook on Instagram, Twitter &amp; Facebook</li> <li>• MP = meal prep</li> <li>• Find MP recipes on FitMenCook.com and in FitMenCook App on iOS (and Android in 2017).</li> </ul>						