



MARCH 2017

March is National Nutrition Month. Enhance your nutrition by incorporating greens like Spinach and Kale into your daily meals.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Prep Day	Raw Produce Focus	Hydration Focus	Meal Prep Day	3- Color Focus	Night Out/Vegan	Shopping/Activity
Notes: <ul style="list-style-type: none"> • SHARE your journey! TAG pics/videos #FitMenCook and/or #FitWomenCook on Instagram, Twitter & Facebook • MP = meal prep • Find MP recipes on FitMenCook.com and in FitMenCook App on iOS (and Android in 2017). 			1 #FitMenCook App for Android Launch! Nearly 300 recipes, videos, automated shopping cart, recipe portion customization and MORE for FREE!	2 Create a delicious 3 color smoothie try adding raw beet, mandarin orange, small apple & strawberries.	3	4 Take a quick inventory of your kitchen & start a wishlist.. (Consider a food processor or spiralizer)
5 MP= Keto Lamb Fried "Cauliflower"Rice	6 NO SUGAR - Make it a no added-sugar or sweetener day	7 Challenge: Try cutting all sugary drinks out of your diet this month. Add coconut water to help keep it tasty!	8 PREP CHECK, if you are low on ingredients head to the grocery store asap!	9	10 Make it a themed night! Go Italian and opt for delicious vegan options on the menu.	11 Buy and TRY a <u>new</u> protein source for the week (meat, quinoa, soy, etc)
12 MP= Pulled chicken & stuffed sweet potato	13 Make your own fresh squeezed lemonade. Add cut pieces of raw fruit to infuse it and to avoid adding sugar or sweetener.	14 Drink at least 11 glasses throughout the day, make it a point to drink one glass before every meal.	15	16 Add crunch! Try adding 3 different color peppers to your meals today. (Some favorites are red, yellow & green bell peppers)	17 Grab healthy takeout from your local Vegan place and veg out under the stars!	18 Challenge: In the spirit of March Madness, try a 15 minute basketball inspired circuit. Think burpees & jump squats. Feel the burn!
19 MP= Cold Lunch Hummus & Turkey pinwheels	20 Eat at least 2 servings of raw veggies and/or fruits.	21 Eat veggies high in water content today like celery, cucumber, zucchini & radishes.	22 Prep your breakfast tonight to set yourself up for success! Try overnight oats, or prep smoothie bags to toss into the blender and go.	23	24 Eat TWO vegan meals today.	25 Bargain shop for a kitchen tool you're in need of (skillet, blender or a sharp knife)
26 MP= Apple Cinnamon Oatmeal	27 Enjoy 1/2 avocado with any meal today.	28 Start a hydration log: Keep track of how much water you intake daily to asses if you need to make changes.	29 Refresh your meal prep staples. Load up on Quinoa, Jasmine rice and sweet potatoes. Get ready for April!	30 3 color salad means so many possibilities! Add Pomegranates for a kick of Vitamin C	31 Ask a friend! Get recommendations on local Vegan places and make it a date!	