

# JANUARY 2017

January is Blood Donor Month. Maintain a diet rich in iron with foods such as red meat (bison), fish, spinach and some cereals.

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> Recover. Set at least 3 <u>specific</u> wellness goals to achieve in 90 days.	<b>2</b>	<b>3</b> Deep cleaning day. Clean your fridge, freezer & pantry.	<b>4</b> <b>MP:</b> World's Tastiest Chicken & Brown Rice recipe	<b>5</b> At least 1 meal has 3 different colors from veggies, fruit or grains.	<b>6</b> Enjoy a calorie-conscious night out! Choose grilled over fried items and avoid mixed alcoholic drinks.	<b>7</b> Plan your trip to the grocery store. Make a list. Try 1 new food item.
<b>8</b> <b>MP:</b> Mexican quinoa recipe	<b>9</b> Eat at least <u>two servings</u> of raw veggies before lunchtime today.	<b>10</b> Drink 9 - 11 cups of sugar-free beverages, preferably water.	<b>11</b> Make the same recipe but swap quinoa with brown Basmati rice.	<b>12</b> Dinner has 3 different colors (NOT counting protein). No exceptions.	<b>13</b> ONE meal today has to be vegan. Don't worry - your muscles will NOT fall off!	<b>14</b> <b>CHALLENGE:</b> Go to your nearest donation center to donate blood!
<b>15</b> <b>FACEBOOK LIVE CHECK-IN (TBD)</b> <b>MP:</b> Low-Carb Stuffed Zucchini Boats recipe	<b>16</b> <b>MLK DAY</b>	<b>17</b> "Eat your water!" Eat 2 stalks of raw celery as a snack...and NO ranch dressing!	<b>18</b> <b>MP:</b> Mediterranean Greek Chopped Salad (Wrap) recipe	<b>19</b> Make a 3-color fruit salad for a breakfast or mid-morning snack.	<b>20</b> Shop ingredients to make a healthier brunch for Saturday morning.	<b>21</b> Add black beans or kidney beans to your shopping cart to BOOST iron intake.
<b>22</b> <b>MP:</b> Avocado Potato Salad recipe	<b>23</b> Eat a salad with raw kale for an antioxidant boost! <i>Tip: chop it up!</i>	<b>24</b> Spike your water! Infuse 32oz of water with lemon, cucumber & fresh mint.	<b>25</b> Eat something <u>Healthy AF*</u> ! <i>AF = "and fresh";)</i>	<b>26</b>	<b>27</b> Find a vegan restaurant in your area and go for a meal.	<b>28</b> Shop at a <u>different</u> grocery store than you normally do.
<b>29</b> <b>MP:</b> BBQ Mustard Chicken recipe	<b>30</b> Smoothie: 1 cup spinach, frozen ½ banana, 1 tsp flax oil, 5oz sugar free almond milk	<b>31</b> Drink 16oz of water upon waking BEFORE breakfast!	<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>• <b>MP</b> = meal prep</li> <li>• Find <b>MP</b> recipes on FitMenCook.com and in FitMenCook App on iOS (and Android in 2017).</li> </ul>