

NUTRITION CALENDAR



The Gods created certain kinds of beings to replenish our bodies; they are the trees and the plants and the seeds.

SUN

MON

TUE

WED

THU

FRI

SAT

KEEP A FOOD JOURNAL



REMOVE THE UNHEALTHY SNACKS IN YOUR KITCHEN

EAT A SALAD OR SOUP AT THE BEGINNING OF BOTH LUNCH AND DINNER

INCLUDE LEGUMES IN ONE MEAL TODAY

MAKE TACOS AND ADD VEGGIES TO THEM

SNACK ON MIXED NUTS AND SEEDS



MEAL PREP DAY FOR THE WEEK



TRY A MEDITERRANEAN -STYLE MEAL

BUY A FRUIT OR VEGGIE FROM YOUR LOCAL FARMER

DECLUTTER SUNDAY!

KEEP A BOWL OF FRUIT IN SIGHT



BRING YOUR LUNCH TO WORK

TRY A BREAKFAST CEREAL WITHOUT THE ADDED SUGAR

EAT A FRUIT OR VEGGIE YOU'VE NEVER TRIED BEFORE

DRINK AN EXTRA GLASS OF WATER



TRY A HOME-MADE PIZZA!



SHARE A MEAL WITH PEOPLE YOU LOVE

GIVE FROZEN FRUITS AND VEGGIES A CHANCE

USE EVERY PART OF A VEGETABLE



PAIR A HEALTHY FISH WITH VEGGIES AND WHOLE GRAINS

TAKE A VEGGIE YOU DISLIKE AND TRY COOKING IT IN A DIFFERENT WAY

EAT LOCALLY SEASONAL PRODUCE

SKIP THE BOOZE TONIGHT

PREPARE SOUP IN ADVANCE AND FREEZE IN SMALL CONTAINERS

TRY A LIGHT SALAD

TRY HOME-MADE YOGURT!

SPICE UP BITTER GREENS



EAT ALL MEALS SITTING DOWN AROUND THE TABLE

TREAT YOURSELF WITH GINGER-LEMON TEA!

MAKE YOUR OWN TOMATO PUREE



TRY HOME-MADE BREAD!