










JANUARY 2021



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

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SUN MON TUE WED THU FRI SAT

					KEEP A FOOD JOURNAL 	REMOVE THE UNHEALTHY SNACKS IN YOUR KITCHEN
MEAL PREP DAY FOR THE WEEK 	INCLUDE LEGUMES IN ONE MEAL TODAY	MAKE TACOS AND ADD VEGGIES TO THEM	SNACK ON MIXED NUTS AND SEEDS 	EAT A SALAD OR SOUP AT THE BEGINNING OF BOTH LUNCH AND DINNER	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!						

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