

JANUARY Nutrition Calendar



DID YOU KNOW:

Consuming nutritionally dense foods can help reduce brain fog, keep your muscles fueled and ready for workouts, and improve your immune system.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16th - Replace your sugary cereal with oatmeal at least 2x this week.</p> <p>2 points</p>	<p>17th - Snack on 1/4 cup of nuts & 1 cup of fruit between meals today.</p> <p>2 points</p>	<p>18th - Aim for 1/2 - 1 oz of water per pound of bodyweight today.</p> <p>1 point</p>	<p>19th - Pack a healthy snack when going out to run errands.</p> <p>1 point</p>	<p>20th - Lunch in a Crunch: 1 oz cheese cubes, 8oz whole wheat crackers, cherry tomatoes & apple.</p> <p>3 points</p>	<p>21st - Avoid processed foods loaded with sodium and fat.</p> <p>1 point</p>	<p>22nd - Make an omelet with veggies- try green peppers, tomatoes & onions. The more color, the better!</p> <p>2 points</p>
<p>23rd - Try meal prepping lunches for 3 days for busy week ahead.</p> <p>3 points</p>	<p>24th - Season foods with herbs, spices, garlic, peppers, or fresh citrus juice for flavor.</p> <p>1 point</p>	<p>25th - Have a healthy recipe exchange with friends or coworkers today.</p> <p>1 point</p>	<p>26th - Try a dairy alternative milk in your coffee- ex. nut, soy, or coconut milk</p> <p>1 point</p>	<p>27th - Lunch in a Crunch: turkey & swiss on whole wheat bread w/ sliced avocado, cucumbers, tomatoes & 1 cup strawberries.</p> <p>3 points</p>	<p>28th - Are Friday's slow in your office? Try coordinating a pot luck lunch.</p> <p>4 points</p>	<p>29th - Avoid overeating; fix a small plate, eat slowly and savor the flavor.</p> <p>1 points</p>
<p>30th - Slow down eating by taking 20 minutes to eat all meals this week.</p> <p>2 points</p>	<p>31st - Keep fruits & veggies prepped & at eye level for a quick snack this week.</p> <p>3 points</p>					

FEBRUARY Nutrition Calendar



DID YOU KNOW:

There is no perfect diet for everyone. People are all unique. Subtle differences in genetics, body type, physical activity and environment can affect which type of diet you should follow.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1st - Use a crockpot/instant pot to get your meal done quicker today. 1 points	2nd - No electronics while eating today. 1 points	3rd - Lunch in a Crunch: toasted whole wheat English muffin, 2 tbsp pizza sauce, top with veggies & mozzarella cheese. Microwave for 1 minute. 3 points	4th- Keep your body fueled, don't skip meals today. 1 point	5th - Fill 1/2 of your plate with fruits and veggies at each meal today. 3 points
6th - Plan your grocery shopping with a meal plan & a list before shopping this week. 2 points	7th - Eat breakfast every morning, Monday-Friday, this week. 5 points	8th - No processed snacks today; choose fruit, veggies, nuts, yogurt or cheese. 1 point	9th - Keep your fridge, pantry & freezer free from foods with added sugar, fat & salt. 3 points	10th - Have a fibrous, colorful salad with seeds or nuts and olive oil dressing today. 2 points	11th - Eat a healthy snack to curb your appetite before supper today. 1 point	12th - No processed boxed meals today. 1 point
13th - For a heart healthy snack, dip sweet mini peppers in guacamole or hummus. 1 point	14th - Sweet Treat: combine almonds & dark chocolate. 1 points	15th - Aim for 3 cups of non-starchy vegetables today. 3 points	16th - Text a co-worker & encourage them not to eat out for lunch the rest of the week. 2 points	17th - Forgot lunch today? Research healthy lunch options in your area. 2 points	18th - Make a meatless meal; add cooked quinoa to chili or spaghetti today. 3 points	19th - Replace a sugary or caffeinated drink with sparkling or still water or decaffeinated tea. 1 point
20th - Sunday nights are great for family meals. Eat dinner together at the table tonight. 2 points	21st - Think colorful veggies when planning your meals this week. 3 points	22nd - Only whole food snacks today. No processed or prepackaged options. 1 point	23rd - Eat your fruits & vegetables at the beginning of your meals today. 1 points	24th - Need a quick fast food stop? Order a salad with plenty of veggie toppings or grilled chicken. 1 point	25th - Yummy Treat: 3 cups of air popped popcorn paired with sparkling water. 1 point	26th - Drink alcoholic or caffeinated beverages in moderation today. 1 points