

4-Week Nutrition Challenge



Celebrate National Nutrition Month with 4 weeks of healthy eating lifehacks!

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01	Knowledge is power! Test your nutrition IQ with this online quiz	Need to boost your nutrition IQ? Check out FDA resources or the app Noom	Healthy habit 1: Kickstart hydration with a 12 oz glass of water each a.m.	Get inspired with the timesaving healthy crockpot recipes here	Check your supply of meal prep containers and stock up if needed	Healthy habit 2: Make a grocery list. Reference daily serving info here	Healthy food run! Use your list to avoid impulse purchases
W02	Healthy habit 3: Meal prep! Batch cooking saves time during the week	Track your daily servings of veggies this week. Write the daily # down	Healthy habit 4: Avoid binging by confirming that you are actually eating enough	Healthy habit 5: Pack all meals for the upcoming day the night before	Eat mindfully by removing meal time distractions, focus on enjoying your food	Coming up short on daily veggies? Try to increase intake with these tips	Healthy eating is better together. Gather friends or fam to prep & enjoy your next meal
W03	Enjoy your favorite meal guilt-free by sticking with a sensible portion & plenty of water	Track your daily servings of fruit this week. Write the daily # down	Boost portion control power with this helpful portion reference sheet	Downsize your dinner wear to help us avoid overserving meals	Healthy habit 6: Missing meals due to busy schedule? Set alarms to help stay on track	Coming up short on daily fruit intake? Try a morning fruit smoothie to help meet your goals	Dining out? Ask for a half portion or box and save half the meal for later
W04	Healthy habit 7: Stockpile healthy snacks in places like the car & office	Slow down at meal time by chewing each bite slowly and putting your fork down often	Track daily water intake for the rest of the month, note how proper hydration feels	Feeling an afternoon energy lull? Swap the coffee for seeds, nuts or other healthy snack	Healthy habit 8: Brush off peer pressure & never apologize for your dietary choices	Sleep and hunger are closely related. Aim for 8 hours of sleep per night	Seek non-food related rewards to acknowledge your hard work and success