

# March 2018



It's National Nutrition Month and Save Your Vision Month. Eat your way to healthier eyes with vision-saving nutrients!						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Prep Day	Raw Produce Focus	Hydration Focus	Meal Prep Day	3-Color Focus	Night Out / Vegan	Shopping / Activity
<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>				<b>1</b> DYK beans are high in zinc which protects vision? Add 2 or 3 types of beans to your fav chili recipe. Find a recipe from FMC.com!	<b>2</b> Is meat the star of your diet? Track this week's meat consumption. The following week, increase plant-based foods by 50%.	<b>3</b> Eye-game STRONG! Think about your ex and roll your eyes 10 times clockwise and 10 times counterclockwise. Exercise keeps eyes strong.
<b>4</b> MP = Smoked Salmon Brown Rice Bowl	<b>5</b> CHALLENGE: Eat ½ raw red grapefruit with 1 meal. It's high in vision-saving vitamin C, and has been linked to appetite control.	<b>6</b> Got dairy? CHALLENGE: Drink 1 glass of milk OR 1-cup Greek yogurt. The B vitamins riboflavin can help reduce risks of cataracts.	<b>7</b> Shine bright! Dim lighting might set the mood, but it strains your eyes. As you prep your meals OR reading recipes ;) , keep lights bright.	<b>8</b> CHALLENGE: Eat an orange color fruit or veggie today. They boost vitamin A levels which protect your eyes from damage.	<b>9</b> Enjoy a calorie-conscious night out with friends and/or family!	<b>10</b> CHALLENGE: Go for a 30-minute walk. Low-impact exercise can <a href="#">reduce</a> both blood and eye pressure, key for preventing glaucoma.
<b>11</b> MP = 15-Minute Spicy Shrimp & Asparagus	<b>12</b> CHALLENGE: Eat 1 serving of <b>raw</b> broccoli. Raw has more sulforaphane (which protects against eye cancer).	<b>13</b> DYK high blood sugar levels can cause blurred vision? Today, try to drink ONLY sugar-free beverages.	<b>14</b> MP = Spicy Salmon The fish's omega-3s boost eye health.	<b>15</b> Make a colorful salad with dark greens. They're rich in zeaxanthin and lutein, which protect against vision loss.	<b>16</b> CHALLENGE: Eat 1 ALL plant-based meal today and share your experience with your friends/family on social media.	<b>17</b> Sunshine is coming! Shop for sunglasses - look for a "100% UV Protection" label.
<b>18</b> MP = Popcorn Chicken Salad Lunchbox	<b>19</b> CHALLENGE: Vitamin C promotes eye health but breaks down when food is cooked. Eat 2 servings of raw for all fruits & veggies.	<b>20</b> CHALLENGE: Drink 8 oz. of after each meal. It flushes your system and hydrates your eyes.	<b>21</b> Meal prep a high-fiber breakfast or dinner (e.g. oatmeal and chili). Fiber lowers blood sugar, which blurs vision.	<b>22</b> CHALLENGE: Eat a purple food. Anthocyanins are found in purple foods and can <a href="#">protect</a> against retinal inflammation.	<b>23</b>	<b>24</b> When is the last time you had your vision checked? Get a comprehensive eye exam to catch problems early and set a benchmark for your vision health.
<b>25</b> MP = 4 Day Hi-Protein Vegan Meal Prep	<b>26</b> CHALLENGE: Top your salad or smoothie with raw hemp or flax. They're rich in vegan omega-3s to moisturize your eyes.	<b>27</b> CHALLENGE: Add mint to your water or iced tea. The herb may actually <a href="#">improve</a> your night vision.	<b>28</b> For MP, use a recipe with quinoa! It's higher in eye-friendly nutrients like riboflavin.	<b>29</b> CHALLENGE: Eat at least 3 colors at EVERY meal today. Colors can be grains, legumes, fruits and veggies.	<b>30</b> Ordering breakfast? Always opt for whole grain toast, pancakes, etc. This swap reduces blood sugar and raises your fiber intake.	<b>31</b> It's the <b>END of the first quarter!</b> Revisit your 2018 goals, assess progress and develop a plan to accelerate your success!