

APRIL 2018



It's the first full month of spring. Spring into a healthier season with fresh, exciting meal ideas.

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
1 MP = Stuffed Tuna Melt Patties	2 CHALLENGE: Replace 1 processed food in your diet with one new RAW ingredient.	3 Rev your metabolism and your hydration! Drink 1 cup of water with 1 ounce of apple cider vinegar.	4 CHALLENGE: Try a new dairy-free milk this week. Think about cashew, hemp or even rice!	5 Beverages count, too. From dark red cherry juice to refreshing green tea, colorful drinks deliver key antioxidants.	6	7 CHALLENGE: Clean out your fridge. Freeze or giveaway some food items to prevent food waste & make space in your fridge.
8 MP = Asparagus, Arugula, Avocado, Mâche & Peas Green Salad	9 Cultured raw veggies like kimchi and sauerkraut add flavor and probiotics for improved digestion. Add a few tablespoons to 1 meal today!	10 Did you know our food can hydrate, too? Considering making soups or stews in for lunch this week. Try my quinoa tortilla soup!	11 CHALLENGE: Wash veggies with a mixture of water and white vinegar. Soak for no more than 10 minutes, then rinse and dry.	12 Add one colorful spice to your meals. Yellow turmeric, for example, reduces inflammation and red cayenne pepper boosts metabolism.	13 Ever had a Portobello mushroom burger (instead of a beef patty)? It has a meaty texture and more minerals with none of the cholesterol.	14 CHALLENGE: Go to an ethnic grocer and try one new ingredient. Expanding your culinary horizons boosts your meal variety and nutrition!
15 MP = Southwest Smoked White Fish	16 Juicing & blending your food is a great way to eat more raw foods. Make a green shake (90% raw greens, 10% fruit).	17 Got milk? Studies show that low-fat milk can hydrate like a sports drink after exercise. Consider guzzling a cup this week!	18 PREP THOSE SMOOTHIES! Peel, wash, slice and freeze bananas and strawberries to toss in smoothies this week.	19 Add white produce (i.e. leeks, onions, garlic) to your meal. They're high in sulphur, which fights infections.	20 Make an energizing trail mix for the weekend – raw nuts + raw seeds + cacao nibs + dried fruit + pinch of sea salt.	21 We're more likely to keep a healthy habit when we know our motivation. Pick an inspiring (health) book to read.
22 MP = Slow Cooker Bulgogi Tacos	23 CHALLENGE: Add raw sprouts to your salads, sandwiches or morning smoothie. Sprouting seeds increases their nutrients.	24 SWAP soft drinks with carbonated water and fresh squeezed orange, pink grapefruit, lemon or lime juice.	25 Cut/grate veggies for a few days (it takes just minutes in a food processor) so you only have to do the washing once! Store for up to 2 days in an airtight container.	26 Instead of rice or potatoes, make a medley of colorful steamed veggies for your side dish. Try my Roasted Veggies recipe!	27 Enjoy a calorie-conscious meal with a loved one. Grilled fish > chicken > beef.	28 End of the month – example progress towards goals. Make changes.
29 MP = Vegan Sweet Potato Casserole	30 Dressings/dips are easy to prepare/store. Make 2-3 of your favorite flavors in advance. You'll be more likely to enjoy raw produce more often.	Notes: <ul style="list-style-type: none"> ● SHARE your journey! TAG pics/videos #FitMenCook and/or #FitWomenCook on Instagram, Twitter & Facebook ● MP = meal prep (Find MP recipes on FitMenCook.com and in FitMenCook App on iOS and Android.) 				