



**NUTRITION COUNSELING**  
An evidence-based approach to wellness.

# March

## 30-Day-Mini-Challenge

Each Day a Different Mini Health Challenge.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
03 Plan 3 meals to Cook this Week.	04 Choose 2 Healthy Snacks today.	05 Smoothie Out Your Breakfast.	06 Get 2 Servings of a "Green Veggie" today.	07 Get 2 Servings of Fresh Fruit today.	08 Skip any Fried Foods Today.	09 Inspect Your-Freezer Make it. Dessert-Free
10 Grocery Store Buy 5- fruits/veggies. to Nosh On	11 Swap Your Sweets Out for Nuts.	12 Avoid Fatty, Sauces Gravies today.	13 Eat 3 meals and 2 snacks today.	14 Today is a Pasta and Noodle-free Day.	15 Choose fiber-rich food today.	16 Have an Alcohol-Free Day.
17 Get 3 servings of a Naturally Green Food.	18 Pick a Potassium Rich-Food You already Love.	19 Try Vitamin D Supplement.	20 Are you Allergic to Spring? Try Essential Oils.	21 Skip any type of White Potatoes today.	22 Stretch 3 areas of your body (Neck Core, Legs )	23 Brew a large batch of (herbal tea Try Chamomile)
24 Shop the perimeter of your grocery store.	25 Choose Omega-3's in fish, shrimp, or, chia seeds	26 Drool over recipes at <a href="http://www.skinnytaste.com">www.skinnytaste.com</a>	27 Drink only water and green tea today.	28 Rice-Free Day - Try Riced Cauliflower Instead.	29 Plan some movement, a walk, or a workout today.	30 Grab some 70% or higher dark chocolate and celebrate.

31  
Take an Epsom Salt Bath and begin fresh! with Day 1

*Days of Simple Changes to Modify Habits and Uncover Health in Body and Home. Each daily change can be continued 30 for the remainder of the month to gain even more health momentum!*