

BeNourished

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<input type="checkbox"/> 1 Learn how to eat healthy by checking out MyPlate	<input type="checkbox"/> 2 Eat a rainbow by adding colorful foods to your plate
<input type="checkbox"/> 3 Practice reading a nutrition label	<input type="checkbox"/> 4 Drink at least 64 oz of water	<input type="checkbox"/> 5 Finish eating 2 hours before bed	<input type="checkbox"/> 6 Skip dessert today (or replace with fresh fruit)	<input type="checkbox"/> 7 Research what fruits and vegetables are in season	<input type="checkbox"/> 8 Try a new fruit or vegetable	<input type="checkbox"/> 9 Clean out your fridge or pantry today!
<input type="checkbox"/> 10 Make a grocery list for the upcoming week	<input type="checkbox"/> 11 Try using the hunger/fullness scale and stop eating when you feel full	<input type="checkbox"/> 12 Slow down at mealtime by chewing each bite slowly and putting your fork down often	<input type="checkbox"/> 13 Implement healthy cooking techniques (baking, grilling, steaming, or roasting)	<input type="checkbox"/> 14 Eat fruits and vegetables in your first meal	<input type="checkbox"/> 15 Bring a water bottle to work to stay hydrated	<input type="checkbox"/> 16 Track your servings of fruits and vegetables today
<input type="checkbox"/> 17 Research new recipes using the PRO wellness Recipe Portal	<input type="checkbox"/> 18 Pack all meals for the upcoming day the night before	<input type="checkbox"/> 19 Try a new healthy recipe at home	<input type="checkbox"/> 20 Eat 3/5 food groups for lunch	<input type="checkbox"/> 21 Try out meatless dishes with a plant-based diet today	<input type="checkbox"/> 22 Incorporate fruits or vegetables into every meal today	<input type="checkbox"/> 23 Plan your dinners or lunches for the week
<input type="checkbox"/> 24 Meal prep! Batch cooking saves time during the week	<input type="checkbox"/> 25 Avoid soda and other sugar sweetened beverages	<input type="checkbox"/> 26 Eat mindfully by removing mealtime distractions, focus on enjoying your food	<input type="checkbox"/> 27 Add flavor to foods with dried or fresh herbs and spices	<input type="checkbox"/> 28 Incorporate 3 servings of dairy into your day	<input type="checkbox"/> 29 Eat a fiber rich breakfast	<input type="checkbox"/> 30 Add seafood into a meal today
<input type="checkbox"/> 31 Choose 100% whole grains over refined grains						

This is general health information and may not be appropriate for all individuals