



August 2017

August is Family Meals Month. Studies show eating together improves both kids' and parents' well-being, happiness and health.

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
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 in 2017).		1 Make a log and track how much you drink today. This sets the benchmark for the rest of the month!	2 Take stock of the storage containers you have. Each should hold one full meal portion and stack easily on a fridge shelf.	3 More colors equal more phytonutrients! Take stock of what you currently have in your fridge. What new colors could you add today?	4 Treat yourself with a night out. When ordering, do one healthy swap (e.g. grilled versus fried, or a side salad versus fries).	5 Take stock of what you have and make a list of what needs replenishing. Ensure a variety of lean proteins and whole grains.
6 MP= Sweet Potato & Chicken Patties	7 Pack a snack of celery or carrot sticks for each meal. More fiber improves satiety.	8 Swap your morning glass of juice for water, or take coffee black. Saves you 100 calories!	9 Season meat 3 ways in one pan. It saves time while introducing variety.	10 Instead of dessert in the evening, combine 3 types of berries with Greek yogurt.	11 Think tofu is boring? Try marinating extra-firm tofu. Stir fry with noodles.	12 Shopping local is more nutritious. Freeze local fruit for smoothies.
13 MP= 15-Minute Pineapple Pepper Chicken	14 If you can't see it, you ignore it. Instead of hiding veggies in the crisper, place in a breathable sack on the top shelf.	15 Swap one drink today for green tea. It has catechins that boost metabolism.	16 Toss smoothie ingredients into muffin tins and freeze. When you need breakfast, pop one tin out and blend.	17 Add red to today's meals. Red veggies are rich in lycopene, which may help to reduce risks of heart disease.	18 When ordering out a meal, do the fork trick. Order dressing separate. Dip fork in dressing then skewer veggies. Less calories!	19 Park at the far end of the grocery store's parking lot. This sneaks in extra steps and turns your grocery store outing into a workout!
20 MP = Keto BBQ Bacon-Wrapped Scallops	21 Add greens to your smoothie. You won't taste it but it amps up your veggie intake.	22 Freeze watermelon cubes and use them instead of ice. They add flavor and vitamins.	23 Chop veggies in advance. It makes future stir fries and smoothies a breeze!	24 Add purple veggies to your meal, which rich in anthocyanins and may prevent heart disease.	25 Puree beans. It's creamy and makes the perfect protein-rich dip.	26 It's not too late to sign up for a CSA box. Support local farmers!
27 MP = Healthy Colombian Coconut Rice with Salmon & Salad	28 Create savory oatmeal. Top oatmeal steamed veggies and season with salt, pepper and cheese.	29 Cucumbers are a whopping 96% water. Enjoy sliced with lemon and feel refreshed!	30 Make a big pan of roast veggies at once. Roasting brings out sweetness. Pair based on cooking time.	31 White fruit (bananas) lower blood pressure while orange fruit (mangos) boost immunity.		