



# October 2017

*October is National Eat Better, Eat Together Month. Enjoy healthy meals often with family and friends.*

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>1</b> It's your first meal prep of the month. Create your list and head to the market to stock up on meal prep ingredients.	<b>2</b> Ask, "What veggies do I find irresistible?" Indulge your veggie cravings as much as possible.	<b>3</b> Switch one beverage today for water. The most common culprit for hidden calories is a sugary beverage!	<b>4</b> Toss eggs and your favorite frittata ingredients in a muffin tin, bake, then store in your fridge. It's a healthy easy breakfast for days!	<b>5</b> Stuck using the same fruit in your smoothies? Switch it up for some exotic flavors. Consider using pineapple, pears and lychee.	<b>6</b> Remove extra-firm tofu from its container, freeze, then crumble. You won't be able to tell a difference between it and ground meat!	<b>7</b> Plant a windowsill herb garden, such as basil and green onions. Fresh herbs are incredibly more flavorful than the dried stuff!
<b>8</b> MP = 30-minute Low-Carb Stuffed Zucchini Boats	<b>9</b> Substitute raw veggies for dipping bread like crackers or pita. A sliced cucumber or celery stick does the job just as well as chips in a dip!	<b>10</b> Add a couple teaspoons of raw unfiltered apple cider vinegar to your water in the morning. Boost your hydration while getting your digestion going!	<b>11</b> Hard-boil eggs in the oven, not the pot. Simply place a dozen eggs in a muffin tin and bake at 350 degrees for 30 minutes.	<b>12</b> Shred raw beets and store a container of it in your fridge. It adds a punch of flavor and color to any meal while also increasing your hydration.	<b>13</b> Studies show we make bad healthy choices when we're ordering food while distracted. Most restaurants have menus online.	<b>14</b> Use shopping bags instead of a cart. It tones your upper body and burning calories while you shop.
<b>15</b> MP = Smoky Spicy Trout (fish is a great source of essential fatty acids to improve heart health)	<b>16</b> Experiment with veggie noodles. Use a spiralizer to make pasta from cucumber, zucchini or other firm veggies.	<b>17</b> Remember to drink your body weight, divided by two, in ounces! Measure how much your favorite mug holds, then create a checklist.	<b>18</b> Freeze a crock-pot meal. Toss everything you want into a bag and store in your freezer for those busy nights when you don't want to cook.	<b>19</b> Not all carrots are orange. In fact, you can find white, purple and yellow carrots. Think outside the conventional.	<b>20</b> Eating out? Chew slower. Studies show that slowing down chewing can aid in weight loss!	<b>21</b> Shop in season and support local farmers. Produce in season this month include beets and broccoli.
<b>22</b> MP = Quick Tuna & Salmon Poke with Purple Rice	<b>23</b> Don't forget that herbs are dark leafy greens too! Add fresh herbs to your favorite grains, pastas and rice.	<b>24</b> Sweet and regular potatoes are perennial favorites. Mix them up to improve blood sugar.	<b>25</b> Prepare overnight oats! It makes every morning easier and healthier. Store them in a Mason jar.	<b>26</b> Instead of your usual starches, go for boldly-colored starchy veggies like pumpkin, purple yams or corn.	<b>27</b> This weekend, cut the two most unhealthy forms of meat: processed meat like bologna, and red meat.	<b>28</b> Instead of enjoying TV or dessert after dinner, shift your mindset and use an evening walk as a way to wind down the day.
<b>29</b> MP = High-Protein, Hearty Tuna Salad	<b>30</b> Are you making a wrap or burrito? Lettuce makes a great substitute for tortillas.	<b>31</b> Craving something bubbly? Reach for kombucha. Its bubbles satisfying & a probiotic.	<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>• MP = meal prep</li> </ul> Find MP recipes on FitMenCook.com and in FitMenCook App .			

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