



# September 2017

September is Cataract Awareness Month. Add foods rich in beta-carotene like sweet potatoes and kale to fight & slow progression.

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>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					<b>1</b> Did you know that many Asian restaurants are vegan friendly? Enjoy exotic foods tonight with an emphasis on stir-fried, not fried veggies.	<b>2</b> Local foods are higher in nutrients and antioxidants. In-season produce this month include broccoli, cabbage and cauliflower.
<b>3</b> MP= Healthy Red Beans & Cauliflower Couscous	<b>4</b> Blend raw avocado. It creates a rich and luxurious pudding that's perfect for breakfast or dessert.	<b>5</b> Before reaching for a sports drink, grab coconut water. It's high in electrolytes without pesky dyes, flavors or sugar.	<b>6</b> Avoid overeating by using containers that are portion-appropriate. Remember BPA free is best.	<b>7</b> Add an orange veggie to your dinner tonight. They're high in beta carotene which promotes vision health.	<b>8</b> Vegan Mexican cuisine! Beans are a staple in most South American cuisine and are rich in phytonutrients, fiber and protein.	<b>9</b> Do a u-pick and harvest your own berries. You'll get high quality fruit and work in some physical activity.
<b>10</b> MP= Stuffed Tuna Melt Patties	<b>11</b> The next time a server asks you, "Would you like extra cheese?" ask for extra veggies instead.	<b>12</b> Take a sip of water between every bite. This hydrates you and helps you feel satisfied faster.	<b>13</b> Make kabobs as an easy way to do portion control. Weigh your protein before skewering.	<b>14</b> Take a look at today's salad and add a zesty fruit to add color and phytonutrients.	<b>15</b> When ordering out, ask for sauces to be served separately. Most restaurants over do it!	<b>16</b> Shop the perimeter of the store. This is where the healthiest basic staples are located.
<b>17</b> MP = Low-Carb Shepherd's Pie	<b>18</b> Experiment with a new way of enjoying produce. Diced, chopped, grated – each method changes flavor profiles!	<b>19</b> Infuse water with your favorite fruit or herbs. Try citrus. It revs your metabolism and helps create an alkaline profile.	<b>20</b> Use clear containers to clearly see what's inside. Berries & veggies will be calling your name!	<b>21</b> After steeping black tea or green tea, use the used tea bags on your skin as an anti-aging compress.	<b>22</b> Instead of ordering an entrée in the restaurant, order two appetizers. Studies show that the smaller the portion, the less you eat.	<b>23</b> Consider splitting a bulk veggie/fruit order with a friend or family members. It's a great way to save money.
<b>24</b> MP = 15 Minute Pineapple Pepper Chicken	<b>25</b> Blend pumpkin or squash to make a sweet puree. Add it to meals & boost veggies.	<b>26</b> Freeze fresh-squeezed fruit juice in an ice tray. It keeps your drinks chilled while adding flavor.	<b>27</b> Pre-assemble jarred salads in Mason jars. They're portable, durable and stay fresh.	<b>28</b> NO SUGAR - Make it a no added-sugar or sweetener day	<b>29</b> Add green fruit to your day. Rich in lutein they help prevent age-related vision issue	<b>30</b> Visit a local butcher if you eat meat. Ask for local organic cuts.