

# 30-DAY

## Healthy Eating Challenge

Drink a glass of water before every meal

Replace sugary drinks with water, herbal tea or seltzer

Snack on fresh fruit or veggies

Avoid processed foods and opt for whole, natural foods

Try a new healthy recipe

Take a 20-minute walk after a meal

Limit your alcohol intake

Focus on protein-rich foods to stay full longer

Eat mindfully and listen to your body's signals

Use smaller plates to help with portion control

Choose whole-grain options for bread, pasta, and rice

Replace refined sugar with natural sweeteners

Add healthy fats to your diet, such as avocado, nuts, and seeds

Incorporate more plant-based meals into your diet

Experiment with new herbs and spices for added flavor

Meal prep for the week ahead to avoid unhealthy choices

Make sure to eat a balanced breakfast to start the day off right

Try a new healthy snack

Avoid eating late at night to improve digestion

Focus on your food and savor each bite

Limit your salt intake to help lower blood pressure

Focus on eating slowly and savoring your food

Eat fiber-rich foods for healthy digestion

Try a meatless meal or opt for lean protein

Incorporate more green vegetables into your meals

Keep healthy snacks on hand to avoid temptation

Practice gratitude and mindful eating before each meal

Try a new type of cuisine or cooking style

Opt for whole fruits instead of fruit juice to get more fiber

Reflect on progress and plan to continue healthy habits