

30-day

Healthy eating challenge

Day 1

Drink 8 glasses of water

Day 2

Add an extra vegetable

Day 3

Choose whole grains over refined

Day 4

Eat fruit instead of snack.

Day 5

Reduce added sugar intake

Day 6

Eat a balanced breakfast with protein.

Day 7

Try a new vegetable or recipe today.

Day 8

Eat mindfully—slow down and savor each bite.

Day 9

Avoid all processed foods today.

Day 10

Add healthy fats like nuts or avocado.

Day 11

Have one plant-based meal today.

Day 12

Control your portion sizes at each meal.

Day 13

Reduce your caffeine consumption today.

Day 14

Fill your plate with colorful vegetables.

Day 15

Choose lean proteins like chicken or beans.

Day 16

Plan and prep your meals ahead of time.

Day 17

Replace coffee with green tea today.

Day 18

Increase your fiber intake with whole foods.

Day 19

Make a nutrient-packed smoothie today.

Day 20

Limit salt or sodium in all meals today.

Day 21

Snack on nuts or seeds today.

Day 22

Avoid sugary drinks, choose water instead.

Day 23

Choose fruits or veggies for your snacks today.

Day 24

Include a fresh salad in your meal.

Day 25

Cut down on refined carbs like white bread.

Day 26

Eat foods rich in omega-3s like salmon.

Day 27

Cook a healthy meal from scratch today.

Day 28

Add probiotic-rich foods like yogurt or kimchi.

Day 29

Go meatless for all meals today.

Day 30

Reflect on your progress and plan next steps.