





03

MARCH



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Clean out your fridge and freezer 1
Plan your meals for the week 2	Try a morning smoothie 3	Avoid sugary beverages today 4	Eat 5 different vegetables today 5	Try a new recipe 6	Say no to processed foods 7	Eat slowly –put your utensils down between every bite 8
Make half your plate vegetables 9	Meatless Monday–try not to eat any meat today. 10	No caffiene after 12pm 11	Drink 64 oz of water 12	Avoid salty foods 13	Eat fruit with at least 2 meals 14	Cook a recipe with your family 15
No added sugars today 16	Eat 3 different fruits today 17	Eat dinner as a family or with friends 18	Drink 8 oz of water before each meal 19	Stop eating when you're full 20	Have 5 colors on your plate 21	Eat 5 small meals today 22
Try a new vegetable 23	Eat fruit instead of a sugary treat 24	Make a healthy dessert 25	Eat each meal with someone else 26	Share a recipe with a friend 27	Replace chips with crunchy food like veggie sticks 28	Eat all meals without distractions 29
Try going for a walk when you have a craving 30	Make sure to eat a healthy breakfast 31					

Monthly Wellness–Nutrition

Do more of what you love.