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| JanuaryMacintosh HD:Applications:Microsoft Office 2011:Office:Media:Clipart: People.localized:rbs1_00.pngMacintosh HD:Applications:Microsoft Office 2011:Office:Media:Clipart: Food & Dining.localized:AA026337.png | |
| 2019 | |
| Fitness and Nutrition Challenge | 21 day vegan and walking outlook |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
| BEFORE BEGINNING ANY PROGRAM MAKE SURE TO CONSULT YOUR DOCTOR | WALKING 30 MINUTES DAILY | NO MEAT, CHEESE, DAIRY, FISH, SEAFOOD | VERY LIMITED SUGARS  DRINK PLENTY OF WATER | EAT NUTRITIOUS SOUPS AND SALADS | TRY SMOOTHIES FOR BREAKFAST | TRY WHOLE GRAIN OATMEAL FOR DINNER  JOURNAL YOUR PROGRESS |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| THIS IS NOT A DIET PROGRAM NOR DOES IT OUTLINE ALL OF YOUR TOTAL DAILY NUTRIENTS | Day 1 WALKING 30 MINUTES  BERRY SMOOTHIE FOR BREAKFAST | DAY 2 WALKING 30 MINUTES  LEAFY GREEN SALAD WITH LEMON VINEGAR DRESSING | DAY 3 WALKING 30 MINUTES  BAKED POTATO WITH BROCCOLI | DAY 4 WALKING 30 MINUTES  RICED CAULIFLOWER WITH SPINACH | DAY 5 WALKING 30 MINUTES HEARTY HOMEMADE VEGGIE SOUP | 2-3 OF THOSE DAYS TRY TO ADD SOME RESISTANCE TRAINING TO YOUR WALKING |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| DAY 7  TRY SOME BALSAMIC VINEGAR BRUSSELS SPROUTS | DAY 8 WALKING 30 MIN  EAT SOME QUINOA AND ONIONS AND PEPPERS | DAY 8 WALKING 30 MIN  DRINK A PINEAPPLE KALE AND APLLE SMOOTHIE | DAY 9 WALKING 30 MIN  TRY A BEETROOT CELERY AND APPLE JUICED DRINK | DAY 10 WALKING 30 MIN  EAT SOME SAUTEED COLLARD GREEN AND BROWN RICE | DAY 11 WALKING 30 MIN  EAT A DELICIOUS BAKED SWEET POTATO WITH FLAX | DAY 12  GET PLENTY OF REST |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| DAY 13  MAKE YOUR OWN DRESSINGS | DAY 14 WALKING 30 MIN  HAVE A DELICIOUS SALAD FOR LUNCH | DAY 15 WALKING 30 MIN  EAT SOME DELICIOUS BEANS AND BROWN RICE | DAY 16 WALKING 30  HAVE AN ALMOND BUTTER AND BANANA SANDWICH ON FLAXMEAL BREAD | DAY 17 WALKING 30 MIN  EAT SOME SPLIT PEA SOUP | DAY 18 WALKING 30 MIN  TRY A SMOOTHIE BOWL FOR BREAKFAST | DAY 19  YOUR ALMOST THERE |
| 27 | 28 | 29 | 30 | 31 |  |  |
| GET EXCITED! | DAY 21 WALKING 30MIN  ENJOY FEELING GOOD! |  |  |  |  |  |
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