

# W.O.W.

WAC ON WELLNESS

## 21 DAY NUTRITION CHALLENGE

- Day 1** - No meat today, choose a vegetarian option instead (veggie burger, beans, tofu, eggs, Portobello mushrooms, etc.)
- Day 2** - A serving size of vegetables is 1 cup raw or ½ cup cooked, eat 5 servings today
- Day 3** - A serving size is 1 small fruit ~4 oz., eat 2 servings of fruit today
- Day 4** - Start your day off with oatmeal. The fiber and whole grain will get you off on the right foot
- Day 5** - Eat without distractions today, mindfulness is a lost art in our busy lifestyles.
- Day 6** - Make a new recipe you've been meaning to try tonight for dinner.
- Day 7** - Use your crockpot, it'll save you time later in the day. Place chicken breasts with a jar of salsa on low for 8 hours. Shred the chicken when done and you get chicken tacos.
- Day 8** - Eat every 3-4 hours today to keep blood glucose levels in check
- Day 9** - Get a fruit or a vegetable in at every snack today
- Day 10** - March's top produce includes: asparagus, avocados, broccoli, brussel sprouts, mushrooms. Pick 1 for today and eat it at lunch.
- Day 11** - Add avocado to your sandwich or salad today for added "healthy" dietary fats
- Day 12** - To fight off the seasonal cold add in a citrus fruit with your breakfast (oranges, grapefruit, lemon, etc.)
- Day 13** - No soda for 1 day
- Day 14** - Limit yourself to 1 cup of coffee today
- Day 15** - Drink at least 8 cups of water today
- Day 16** - To start off your St Paddy's day celebration by eating an egg cooked in a sliced green bell pepper
- Day 17** - Eat when you're hungry and stop when you're full today. Trust your body, it will tell you what it needs
- Day 18** - The American Heart Association recommends men limit themselves to 36g of added sugar per day and women to 24g. Pay attention today to added sugars in your diet and see if you can stay near the recommendations
- Day 19** - Eat all whole grains today instead of simple carbohydrates. Adults need 25-38 grams of fiber per day and 1 piece of whole wheat bread has 3g of fiber
- Day 20** - For your pre-workout snack try a banana with 1 tbsp. of natural peanut butter. It's the perfect combination of protein, fat and carbs to fuel your workout
- Day 21** - Chef's choice! Duplicate a challenge from any of the prior days



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**Wisconsin Athletic Club**

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