

Nourish to Flourish

July Nutrition Challenge



"Nourish your body and delight your taste buds for a healthy and happy life."

Join Today on the **AM COACHED App**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Have a protein source with breakfast	Drink at least 8 cups of water	Have a green veggie at lunch	Include at least 3 colors of produce in one of your meals	Zero added sugar	Eat dinner outdoors
Eat 3 servings of vegetables	Pop free day	Share a healthy recipe with one of your coworkers	Try a plant based protein	Eat mindfully for one meal (no screens, slow, etc.)	Don't consume more than 200 mg of caffeine	Include a whole grain with dinner
Have 30 grams of protein at lunch	Eat 2 protein rich snacks (at least 15 grams each)	Try a new food	Eat fruit with your breakfast	Consume at least 100 grams of protein	Drink at least 8 cups of water	No alcohol
Have an orange fruit	Take a picture of your breakfast and share with your coach	Enjoy a meal with a friend	Zero added sugar	Read a nutritional article in the on-demand library	Eat 2 servings of fruit	Include at least 3 colors of produce in a meal
Start the day with a glass of water (before anything else)	Log a meal in the food journal	Have a red vegetable	Eat dinner outdoors	How Many Days Did You Complete? _____		

