

30 DAY *Clean-ish* EATING CHALLENGE

Quarter 4
2022

1
Clean your
Fridge

2
Set your
Intentions

3
Plan your
Meals

4
Add more
Color

5
Make a Snack
Game Plan

6
Skip the
Scale

7
Try a New
Leafy Green

8
Remember to
Cook

9
Satisfy
Crunchy
Cravings

10
ISH DAY!
Make Pizza
for Dinner

11
Grab a Clean
Protein Bar

12
Eat like a
Vegetarian

13
Make a Better
Breakfast

14
Bust out the
Slow Cooker

15
Try a Morning
Smoothie

16
Always
Choose Whole
Grains

17
Eliminate
Sugar

18
No Processed
Food

19
Try New Fruits

20
Balance your
Plate

21
ISH DAY!
Add a Little
Sweetness

22
Simplify
Breakfast

23
Have Pasta,
it's OK

24
Frozen
Veggies are
your Friend

25
Mix up your
Protein

26
Check your
Condiments

27
Use Fresh
Herbs

28
DIY your
Favorite
Take-out

29
ISH DAY!
Make a Single
Serve Dessert

30
Eliminate
Soda

31
Free Day!

Score: _____