

# 30 DAY *Clean-ish* EATING CHALLENGE

Quarter 4  
2021

- 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: \_\_\_\_\_