CHOOSE YOUR CHALLENGE!

30 DAY PLANT-BASED EATING CHALLENGE

CHOOSE THE BEST TIME FOR YOUR CHALLENGE

YEAR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

☐ 1ST DAY MAKE A DETAILED SHOPPING PLAN;	☐ 2ND DAY NUTS FOR SNACKS;	☐ 3RD DAY TRY A NEW VEGETABLE;
☐ 4TH DAY CHOOSE SEASONAL PRODUCTS;	☐ 5TH DAY REVIVE WILTED GREENS;	☐ 6TH DAY TRY A NEW RECIPE WITH VEGETABLES;
☐ 7TH DAY BUY FRUIT AND VEGETABLES AT YOUR LOCAL MARKET;	☐ 8TH DAY TRY A NEW FRUIT;	☐ 9TH DAY MAKE A VEGAN DESSERT;
☐ 10TH DAY VEGAN DIET ALL DAY;	☐ 11TH DAY TRY A NEW RECIPE;	☐ 12TH DAY TRY NEW FROZEN VEGETABLES;
☐ 13TH DAY COOK WITH BEANS;	☐ 14TH DAY TRY A NEW OLIVE OIL;	☐ 15TH DAY TRY A NEW PLANT-BASED PRODUCT;
☐ 16TH DAY ORGANIC CHOCOLATE FOR DESSERT;	☐ 17TH DAY TRY A NEW GLUTEN-FREE SMOOTHIE;	☐ 18TH DAY NUTS FOR SNACK;
☐ 19TH DAY TRY A NEW VEGETABLE;	☐ 20TH DAY MAKE A NEW RECIPE WITH VEGETABLES;	☐ 21ST DAY ENJOY GRATED BERRY TEA;
☐ 22ND DAY TRY A NEW RECIPE WITH PLANT-BASED MEAT;	☐ 23RD DAY GET SOME HERBS AND MAKE SOME SPICES;	☐ 24TH DAY TRY FROZEN VEGETABLES YOU'VE NEVER TASTED BEFORE;
☐ 25TH DAY CHOOSE SEASONAL FRUIT AND BERRIES;	☐ 26TH DAY MAKE DINNER WITH JUST A FEW INGREDIENTS;	☐ 27TH DAY TRY A NEW FRUIT OR BERRY;
☐ 28TH DAY MAKE A DESSERT WITH ORGANIC CHOCOLATE;	☐ 29TH DAY BUY FRUIT AND VEGETABLES AT A LOCAL MARKET;	☐ 30TH DAY MAKE A DETAILED SHOPPING PLAN.

I AM GRATEFUL FOR:

NOTES:

MOOD: