



# FABULOUS FEBRUARY FOOD CHALLENGE 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 Breakfast Idea</b> ½ cup egg white, ½ cup oatmeal, ½ cup blueberries & 8 oz H2o	<b>2 Prepare</b> Cut up fruit and place in containers for the week.	<b>3 Water</b> Drink at least 32 ounces of water today	<b>4 Supplements</b> Talk to your health coach Do you get enough vitamins in your diet?	<b>5 Dinner Idea</b> 5 oz white fish, ½ cup brown rice, 1 cup broccoli	<b>6 Snack Idea</b> 12 wheat pita chips, ¼ cup hummus, 10 baby carrots. 280 calories	<b>7 Breakfast Idea</b> 1 cup almond milk, ¼ cup Bob's Red Mill 7 Grain, top with 2 Tbsp. pecans and ¼ cup blueberries 380 calories
<b>8 Prepare</b> Cut up veggies and place in containers for the week.	<b>9 Kale &amp; Banana*</b> Make a kale and banana smoothie for breakfast or snack.	<b>10 Dinner Idea</b> 4 oz. salmon, ½ cup brown rice, 2 cups sautéed spinach & garlic 420 calories	<b>11 Lunch Idea</b> 3 oz. chicken, ¼ cup roasted red peppers, 2 lettuce leaves, 2 tomato slices, 1 tbsp. salsa and 1 tbsp. guacamole , 1 cup strawberries 260 calories	<b>12 Water</b> Drink at least 32 ounces of water today	<b>13 Lunch Idea</b> 7 1/2' tortilla, 3 oz. chicken, ½ cup peppers & onions, 2 Tbsp. salsa, 2 Tbsp. guacamole 390 calories	<b>14 Breakfast Idea</b> 1 whole wheat tortilla, 2 scrambled egg whites, onions, mushrooms, broccoli, 2 oz. cheddar cheese, 2 slices avocado 400 calories
<b>15 Snack Idea</b> 6 oz Greek Plain Yogurt, 1 tsp cinnamon, 10 slivered almonds, 1 Tbsp dried tart cherries 200 calories	<b>16 Quick Dinner</b> 1 small sweet potato, 1 chicken sausage topped with Salsa & side salad 400 calories	<b>17 Lunch Idea</b> 4 oz. diced chicken, ¼ cup Greek yogurt, chop 1 celery stalk add cucumbers, chop 5 red grapes, 1 Tbsp. Dijon mustard place on top bed of greens 400 calories	<b>18 Dinner Idea</b> Turkey burger, top with grilled onions, mushrooms. Place on a bed of lettuce with chopped tomatoes and sliced jalapenos. 1 cup of baked sweet potato fries. 400 calories	<b>19 Snack Idea</b> Hollow out a whole cucumber and add 1/3 cup hummus inside 200 calories	<b>20 Snack Idea</b> ½ cup cottage cheese 15 whole grain crackers 200 calories	<b>21 Kale &amp; Banana*</b> Make a kale and banana smoothie for breakfast or snack.
<b>22 Breakfast Idea</b> 1/3 cup raw oats, 1 tsp each honey, cinnamon, nutmeg with about 1 cup hot water; stir in 2 TBSP almond butter. 400 calories	<b>23 Snack Idea</b> 1 med apple. 2 Tbsps. Peanut butter 280 calories	<b>24 Kids Snack</b> 1 cup sliced celery, 2 Tbsp. peanut butter, 2 Tbsp. raisins. Ants on a log! 250 calories	<b>25 Snack Idea</b> ½ cup cottage cheese, ½ cup strawberries, 1 Tbsp. almond butter 215 calories	<b>26 Water</b> Drink at least 32 ounces of water today	<b>27 Lunch Idea</b> 3 oz tuna packed in water 2 cups of greens, sliced tomato	<b>28 Blog</b> For more recipe ideas go to <a href="http://www.integrityfit.com">www.integrityfit.com</a>



Fabulous Food February Challenge – Eating Clean for 28 days! Are you up for the challenge?

**\*Kale and Banana Smoothie Recipe:** kale leaves from 1/2 bunch (about 3 cups) center ribs removed 1 large ripe banana, peeled then frozen 1 cup unsweetened almond milk 1 tablespoon almond butter 1/4 teaspoon vanilla extract. Cut the banana into 1-inch chunks, then add all ingredients to a high speed blender and puree until smooth.

Remember with every meal and snack, consume 8 ounces of water!

**Log your food for 14 days out of the 28 – Show your Health Coach. Have your Health Coach initial your calendar proving that they saw your food log. Upon completion of the month's challenge you will receive a 15% discount on your total Caldrea purchase OR 15% off on your total Skincare purchase. Remember if you use cash you can apply an EXTRA 5% -- totaling 20% off! \*Participating clubs may vary.**

Log your food here – use the back of this paper if you need more room: