

30 Day Back to Healthy Nutrition Challenge



We all could use a healthy reset. Now is the perfect time to get back to choices that help you feel your best. These simple, straightforward tips and healthy recipes will help you get back on track without feeling overwhelming.

Incentives

By completing at least 25 out of 30 days of the 30 Day Back to Healthy Nutrition Challenge you will:

- Be entered into a seasonal drawing for 1 of 10 \$100 Corporate Rewards gift cards*
- Earn 20 Healthy Lifestyle Activity Points**

Instructions

1. Register for the challenge using the online [30 Day Back to Healthy Nutrition Registration Form](#).
2. View the program details and download the materials on the [30 Day Back to Healthy Nutrition Challenge](#) webpage.
3. Pick a start date. It can be any day of the week, but we suggest Sundays to plan for the week ahead.
4. Try each day's tip or recipe and mark off what you complete.
5. Count how many days you completed. Complete at least 25 out of 30 days to qualify for the incentives.
6. Complete the online [30 Day Back to Healthy Nutrition Challenge Completion Form](#). Results will be reported to Employee Wellness and points will be updated in ADP by the 15th of the following month. You will be entered into the seasonal drawing based on the date you submit the form. There is no need to submit this Challenge Packet to Employee Wellness.

*All gift cards are subject to taxation.

** This challenge can be completed once per reporting year (March - February) for points.



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Adapted from: <https://www.eatingwell.com/article/7824912/30-day-back-to-healthy-challenge/>

☐ Day 1: Make a plan

At the beginning of each week, make a plan to help you get back on track. Write out the meals (or even just the dinners) you plan to have this week. This will help you streamline your grocery list to save money and avoid food waste.

☐ Day 2: Add a glass of water

Staying hydrated is super important, especially when you are trying to get back on track. There are tons of health benefits associated with drinking enough water, from clearer skin to a better mood. Some people find it helpful to drink a glass of water before a meal to feel full faster and help with portion control.

☐ Day 3: Try this recipe

Swap traditional noodles and save on carbs with this [Zucchini Noodles with Avocado Pesto & Shrimp recipe](#). This dish is loaded with healthy fat and satisfying protein to keep you full and fueled, without all of the refined carbs.

☐ Day 4: Back off on booze

Take one day (or more, if you like) off from drinking. Though it can be tempting to have a nightly glass of wine or a fun summery cocktail, your body will thank you for the occasional break. Alcohol can absolutely be part of a healthy eating pattern, but moderation is key.

☐ Day 5: Move after you eat

Make your morning coffee to-go and start your day with a walk, or go for a stroll as a family after dinner. Adding bouts of movement, like walking, biking or gardening throughout your day can help you get closer to the daily recommended amount of activity, feel more energized and boost your metabolism.

☐ Day 6: Add vegetables

Vegetables are the cornerstone of a healthy eating pattern, and adding them to what you already eat can help you boost your daily intake. Add spinach to smoothies, onions and peppers to tomato sauce, or make a side salad to pair with your meal for a delicious veggie boost.

☐ Day 7: Break up goals

It is ok to have big goals, but it can be helpful to break them up into things that are shorter term and more tangible. Try making daily or weekly goals that are specific, measurable, time bound and realistic for you. These little changes will help you stick with it and get you big results over time.



☐ Day 8: Make a plan

At the beginning of each week, make a plan to help you get back on track. Write out the meals (or even just the dinners) you plan to have this week. This will help you streamline your grocery list to save money and avoid food waste.

☐ Day 9: Try this recipe

Plant-based mains have never been so craveable as this [Mushroom Shawarma with Yogurt Tahini Sauce](#). Mushrooms give the dish a meaty flavor, while tahini and yogurt pack on the protein and healthy fat. This is a vegetarian lunch or dinner that everyone will love.

□ Day 10: Store your produce

One of the best ways to prevent tossing good food is by storing fruits and veggies properly. Read these [five tried-and-true tips](#) to make your produce last longer.

□ Day 11: Plan healthy snacks

Get ahead of hunger and save on money and time by planning out healthy snacks in advance. Having snacks like mixed nuts, veggies and hummus or fruit and cheese slices ready in advance will also make the healthy choice the easy choice, especially on busy days.

□ Day 12: Go meatless today

Following a more plant-based diet is a great way to eat healthier and save money. Bonus: it also helps you have a more earth-friendly eating pattern. Skip on meat and animal products today and reap the benefits.



□ Day 13: Treat yourself

Allow yourself some wiggle room in your plan to treat yourself occasionally. Whether it is a better-for-you twist on a classic treat or simply something you are craving, giving yourself flexibility is key to long term success.

□ Day 14: Try this recipe

Have a fresh and savory meal to start your day with this [Baby Kale Breakfast Salad with Quinoa & Strawberries](#). Not only is this dish bursting with flavor, but also it helps you get a serving of whole grains, vegetables and fruits first thing in the morning.



□ Day 15: Make a plan

At the beginning of each week, make a plan to help you get back on track. Write out the meals (or even just the dinners) you plan to have this week. This will help you streamline your grocery list to save money and avoid food waste.

□ Day 16: Add vegetables

Vegetables are the cornerstone of a healthy eating pattern, and adding them to what you already eat can help you boost your daily intake. Add spinach to smoothies or onions and peppers to tomato sauce, or make a side salad to pair with your meal for a delicious veggie boost.

□ Day 17: Add a glass of water

Staying hydrated is super important, especially when you are trying to get back on track. There are tons of health benefits associated with drinking enough water, from clearer skin to a better mood. Some people find it helpful to drink a glass of water before a meal to feel full faster and help with portion control.

□ Day 18: Move after you eat

Make your morning coffee to-go and start your day with a walk, or go for a stroll as a family after dinner. Adding bouts of movement, like walking, biking or gardening, throughout your day can help you get closer to the daily recommended amount of activity, feel more energized and boost your daily calorie burn.

Day 19: Try this recipe

With this adapted version of vegetarian [Eggplant Curry](#), you won't even miss the meat. This Indian cuisine-inspired curry brings together aromatics like garlic and ginger with creamy coconut milk and hearty eggplant for a filling, flavorful dinner the whole family will love.

Day 20: Go meatless today

Following a more plant-based diet is a great way to eat healthier and save money. Bonus: it also helps you have a more earth-friendly eating pattern. Skip on meat and animal products today and reap the benefits.

Day 21: Share a meal

There are so many great reasons to carve out time for meals as a family, or with friends. There are even health benefits for children and adults alike who spend time together around the table, including maintaining healthier weights, better grades and lower likelihood of an eating disorder.

Day 22: Make a plan

At the beginning of each week, make a plan to help you get back on track. Write out the meals (or even just the dinners) you plan to have this week. This will help you streamline your grocery list to save money and avoid food waste.

Day 23: Back off on booze

Take one day (or more, if you like) off from drinking. Though it can be tempting to have a nightly glass of wine or a fun summery cocktail, your body will thank you for the occasional break. Alcohol can absolutely be part of a healthy eating pattern, but moderation is key.

Day 24: Try this recipe

Say goodbye to standard pasta noodles and hello to refreshing zoodles with this [Zucchini Noodle Primavera](#). This recipe cuts down on carbs while bringing in some favorite summer flavors.

Day 25: Organize your kitchen

Benefit from a more organized kitchen. Read these [best tips](#) for making your kitchen a little more sleeker, less cluttered and more user-friendly for the whole family.

Day 26: Opt for whole grains

Enjoy some oatmeal for breakfast, or a quinoa salad for lunch. Maybe swap out white rice for brown rice at dinner. Whole grains are packed with fiber and nutrients to help keep you more full for longer, and definitely deserve a space on your plate.

Day 27: Treat yourself

Allow yourself some wiggle room in your plan to treat yourself occasionally. Whether it is a better-for-you twist on a classic treat or simply something you are craving, giving yourself flexibility is key to long term success.

Day 28: Plan healthy snacks

Get ahead of hunger and save on money and time by planning out healthy snacks in advance. Having snacks like mixed nuts, veggies and hummus or fruit and cheese slices ready in advance will also make the healthy choice the easy choice, especially on busy days.

Day 29: Try this recipe

Salads don't get much more comforting than this [Spinach Salad with Roasted Sweet Potatoes, White Beans & Basil](#). Packed with vegetables, fresh herbs and filling beans, this will become a weeknight go-to.

Day 30: Add vegetables

Vegetables are the cornerstone of a healthy eating pattern, and adding them to what you already eat can help you boost your daily intake. Add spinach to smoothies or onions and peppers to tomato sauce, or make a side salad to pair with your meal for a delicious veggie boost.