

# Attainable Nutrition Resolutions: 30 Day Nutrition Challenge to Achieve Success

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If you're like most people, as you approach a 30-Day Health Challenge, you're making a mental list of all of the amazing changes you want to make to your lifestyle. Although making grand statements to improve your eating habits is well intentioned, many people "fall off the bandwagon" over time. Still, research does show that making resolutions to improve yourself is a useful activity. *People who explicitly make resolutions are ten times more likely to attain their goals than people who don't.*

So what's the key to keeping a resolution? Those who are most successful make their goals **SIMPLE**, **SPECIFIC**, and **WITHIN REACH**. Small, reasonable changes are better correlated with success than huge, sweeping statements such as "I'm cutting out all sweets" or "I want to lose 15 pounds".

If you're serious about improving your eating habits for the long run, consider these easy, step-by-step 30-day eat-healthier resolutions. Below is a **SIMPLE**, **SPECIFIC**, and **ATTAINABLE** goal check-list that challenges you to adopt one "healthy eating" behaviour each day so that you remain on-track for all 30 days of the challenge! Print this off and hang it on your refrigerator to keep yourself accountable.



Wishing you health, happiness, and most importantly, **SUCCESS** with your health journey!

*Jen*



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# 30 Day Nutrition Challenge: Week 1

Day	Goal	Success Tracker
1	<b>Clean Sweep:</b> Start off your 30 Day Nutrition Challenge by taking a look at what is in your refrigerator, freezer, and pantry. Throw out any expired, rotten, or freezer-burned food so that you can make way for some healthy additions! If you have multiple sources of junk food sitting around (think: chips, cookies, ice cream, chocolate, candy, etc.), limit yourself to no more than two items that are allowed to remain in your kitchen. Throw out, donate, or remove the rest from your kitchen, and resist the urge to “finish them off” because you’re starting a 30 Day Nutrition Challenge.	<input type="checkbox"/> Fridge cleaned out <input type="checkbox"/> Freezer cleaned out <input type="checkbox"/> Pantry cleaned out <input type="checkbox"/> No more than 2 items of “junk food” left behind
2	<b>Grocery Shopping:</b> With cleaned out cupboards, make a list of all of the healthy foods you would like to invite into your home... then go out and buy them! Stock up on lots of fresh vegetables, brightly coloured fruits (don’t forget about frozen berries), beans and lentils, lean meats, seafood/fish, minimally processed whole grains, low-fat dairy or fortified alternatives, and nuts and seeds (don’t forget flaxseeds). Grab staples such as dried herbs and spices, low-sodium soup broths, canned tomatoes and tomato paste, and other flavourful alternatives that don't involve too much added salt.	<input type="checkbox"/> Made a grocery list <input type="checkbox"/> Went grocery shopping
3	<b>Prepare a “Veggie Bucket”:</b> Today, your goal is to wash and chop at least 4 different kinds of vegetables, which will be placed in one large container and set on an easy-to-reach shelf in your fridge (ta da, you have a “veggie bucket”). Easy ideas include: baby carrots, cucumber slices, bell pepper strips, broccoli florets, cherry tomatoes, green beans, snow peas, celery, etc.	<input type="checkbox"/> Veggies washed & chopped and are easy-to-reach in the fridge
4	<b>Vegetables at Lunch:</b> With a “veggie bucket” well-stocked in your fridge, this goal is easy. Pre-pack your lunch with a minimum of 1 cup’s worth of raw veggies (the more, the better). Bring along a tasty dip such as hummus, balsamic vinegar, cottage cheese, or tzatziki.	<input type="checkbox"/> Veggies packed and consumed at lunch
5	<b>Vegetables at Lunch:</b> It takes repeating an action a few times to turn it into a lasting habit. Today’s goal is the exact same as yesterday’s. Pack vegetables, eat, repeat!	<input type="checkbox"/> Veggies packed and consumed at lunch
6	<b>Fruit at Breakfast:</b> Make it a point to start your day off right by including a piece of fruit with your breakfast. Grab an orange, apple, or banana, top your cereal with some dried fruit, or try stirring in some fresh or frozen berries into your yogurt. Your goal today is to have fruit at breakfast.	<input type="checkbox"/> Ate fruit at breakfast
7	<b>Hydration:</b> Water is the best calorie-free thirst quencher out there. Your goal today is to drink 8-10 cups of water by the time you head to bed.	Water Intake (cups): <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# 30 Day Nutrition Challenge: Week 2

Day	Goal	Success Tracker
8	<b>Benefits of Tea:</b> Let's not forget about the benefits of a good cup of tea! Reach for a cup of green tea (or any other herbal blend you enjoy) and sit down and savour it while you decompress from stress.	<input type="checkbox"/> Enjoyed a cup of tea
9	<b>Practice Mindful Eating:</b> Sitting down at a table to eat a meal slowly, mindfully, without distraction is an important habit that is slipping away in our fast-paced society. Today's goal is to eat breakfast, lunch, and dinner, sitting down (ideally at a table), with no distractions (no TV, cell phone, laptop, magazine, Facebook, or other distractions). This means no standing up while eating, no eating on the couch while watching TV, or eating in the car. Be present, be mindful, and savour the smell, taste, and texture of your food. Stop when you feel satisfied.	<input type="checkbox"/> Ate breakfast sitting down, with mindfulness <input type="checkbox"/> Ate lunch sitting down, with mindfulness <input type="checkbox"/> Ate dinner sitting down, with mindfulness
10	<b>Omega-3 Fish:</b> Fatty fish such as salmon, mackerel, trout, tuna, and sardines are amazing sources of DHA and EPA (types of omega-3's). Your goal today is to have a serving of fish, ideally from the list above, for lunch or dinner. Try this delicious <a href="#">balsamic maple salmon</a> recipe.	<input type="checkbox"/> Had fish
11	<b>Omega-3 Flaxseeds &amp; Chia Seeds:</b> Flaxseeds and chia seeds are some of the top plant sources of omega-3's that are also loaded with fibre. Your goal today is to add 1 Tbsp of ground flaxseed or chia seeds into a meal or snack. Ideas include: added to oatmeal or breakfast cereal, stirred into yogurt, baked into muffins, blended into smoothies, snuck into pasta sauce, stirred into salad dressing, etc.	<input type="checkbox"/> Had 1 Tbsp of ground flaxseed or chia seeds
12	<b>Try a New Recipe:</b> Find a healthy recipe you've never had before and make it at home. Maybe it's homemade <a href="#">kale turkey burgers</a> , <a href="#">sweet potato fries</a> , or a <a href="#">black bean and avocado salad</a> . If you're stuck for ideas, I post a new healthy recipe on my NutritionRx website each week: <a href="http://www.nutritionrx.ca/category/recipes/">http://www.nutritionrx.ca/category/recipes/</a>	<input type="checkbox"/> Made a new recipe
13	<b>Limit Alcohol:</b> Alcoholic beverages can be a big source of empty calories in a person's diet. This week, go alcohol-free, and give your liver a break.	Days Without Alcohol This Week: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
14	<b>Nuts &amp; Seeds:</b> Nuts and seeds are an incredible source of heart-healthy fats, but they are also high in calories so portion control is critical. Today, try packing ¼ cup of nuts or seeds (i.e. almonds, walnuts, Brazil nuts, peanuts, pumpkin seeds, sunflower seeds, etc.) as a healthy morning or afternoon snack.	<input type="checkbox"/> Packed and ate ¼ cup of nuts or seeds

# 30 Day Nutrition Challenge: Week 3

Day	Goal	Success Tracker
15	<b>Plan Your Meals:</b> This week, write out what you plan to have for dinner Monday-Friday, scan the ingredients to add missing items to your grocery list, and stick with your meal plan for this week. Day 15 and Day 16's goals go hand-in-hand.	Mon.: Tues.: Wed.: Thurs.: Fri.:
16	<b>Grocery List:</b> If you don't already shop with a grocery list, it's time to establish the habit. Do whatever works best for you, but I recommend getting a high-quality clip-style fridge magnet that can hang a pad of paper and pen right on your fridge door. As you think of items you require for the week, write it down right away. Today/this week's goal is to prepare a grocery list, and only buy the items written on your list.	<input type="checkbox"/> Grocery List Made & Only Shopped for Items on List
17	<b>Batch Cook &amp; Freeze Leftovers:</b> With a weekly meal plan set-up and a fresh set of groceries in the fridge, it's time to pick a meal this week to batch cook and freeze some leftovers. Batch cooking is an excellent way to ensure you have healthy food on hand on those days where you feel tired, stressed, over-worked, short on ingredients, or just not in the mood to cook up a nutritious meal from scratch. Remember to label the container of food you are freezing with the recipe contents and date it was prepared so you can easily (and safely) identify what you're about to eat at a later date.	<input type="checkbox"/> Selected a meal to batch cook <input type="checkbox"/> Prepared a healthy dish and make enough to freeze leftovers <input type="checkbox"/> Packaged leftovers in a container labeled with its contents and date before freezing
18	<b>Water Break Mid-Afternoon:</b> Did you know that feeling tired, cold, hungry, and having difficulty concentrating are all signs and symptoms of being dehydrated? Day 7 and Day 8's 30 Day Nutrition Challenge goals focused on adequate hydration, and we're bringing this important goal back again. Today, make it a point to consume between 1-2 cups (250-500mL) of water between lunch and dinner to stay hydrated.	<input type="checkbox"/> Drank 250-500mL of water mid-afternoon
19	<b>Avoid Eating Out:</b> It's good to focus on things you can do versus things to avoid, but every once in awhile it's good to take a step back from some unhealthy habits. Restaurants, especially fast food chains, often serve meals that are notoriously high in calories, sodium, unhealthy trans fats, and refined carbohydrates. This week, re-connect with homemade meals and see if you can go 7 days only eating things you've made for yourself at home.	Days Without Eating Out: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
20	<b>Fruit Smoothie:</b> This goal is fun, tasty, and easy. Make a homemade smoothie that includes at least 1 cup of frozen fruit. Feel free to mix it with your favourite calcium-fortified beverage for an extra nutrient boost! Try this healthy <a href="#">mixed berry breakfast smoothie</a> .	<input type="checkbox"/> Enjoyed a homemade fruit-filled smoothie
21	<b>New Herbs &amp; Spices:</b> Try a new salt-free herb or spice to flavour your food. Here are two great herb/spice resources to help you learn how to flavour your food. <i>How to Cook with Herbs:</i> <a href="http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/How-to-Cook-with-Herbs.aspx">http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/How-to-Cook-with-Herbs.aspx</a> <i>How to Cook with Spices:</i> <a href="http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/How-to-cook-with-Spices.aspx">http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/How-to-cook-with-Spices.aspx</a>	<input type="checkbox"/> Cooked with a new herb or spice

# 30 Day Nutrition Challenge: Week 4

Day	Goal	Success Tracker
22	<b>New Vegetable or Fruit:</b> Purchase and eat a vegetable or fruit you haven't had within the past 6 months. Ideas include: pomegranate, bok choy, bitter melon, radishes, beets, kamquats, pumpkin, cantaloupe, grapefruit, turnips, dandelion greens, mango, spaghetti squash, okra, etc. It doesn't have to be crazy or exotic, just something to shake up the "produce rut" that can trap people into buying the same limited selection of vegetables and fruit each week.	<input type="checkbox"/> Ate a new vegetable or fruit (_____)
23	<b>Dark Green Vegetables:</b> Dark green vegetables contain loads of iron, calcium, folate, vitamin K, fibre, and other great things for your body. Today, make it a point to eat a dark green vegetable. Ideas include: broccoli, spinach, asparagus, bok choy, Brussels sprouts, peas, green beans, green pepper, Romaine lettuce, edamame, zucchini, seaweed, Swiss chard, etc.	<input type="checkbox"/> Ate a dark green vegetable
24	<b>Bright Orange Vegetables and Fruit:</b> Bright orange vegetables and fruit are full of vitamin A and beta-carotene, two substances that are powerful antioxidants that protect the body's cells against cancer. Today, shift your focus to consuming at least once bright orange vegetable or fruit from the following list: carrots, pumpkin, yam, sweet potato, apricots, cantaloupe, mango, nectarine, papaya, peach.	<input type="checkbox"/> Ate a bright orange vegetable or fruit (bonus point if it's something different from what you always have)
25	<b>Practice Positive Self-Talk:</b> When it comes to nutrition, weight, exercise, and appearance, people can be pretty hard on themselves. If you live with a "gremlin" in your mind that constantly tells you you're not thin enough, fit enough, good enough, *insert negative self-judgment here*, today is the day to quiet that voice. Practice filling your mind with self-confidence, self-love, self-compassion, and positive self-talk. Remember, "Be nice to yourself. It's hard to be happy when someone is mean to you all the time."	<input type="checkbox"/> Made an effort to speak to myself in a kind, compassionate, and supportive way all day today
26	<b>Salad at Dinner:</b> Today's goal is pretty simple. Tonight (or one night this week), include a big salad with dinner. Just go easy on the high-fat high-sodium store-bought dressing, and limit the dressing to 1-2 Tbsp. If you're in the mood to make your own salad dressing, combine olive oil, balsamic vinegar, minced garlic, a pinch of Dijon mustard, and some freshly ground black pepper, and whisk together. As a secret ingredient, you can also add in a pinch of ground flaxseed to your homemade dressing to sneak in extra fibre and omega-3 fatty acids!	<input type="checkbox"/> Had salad with dinner
27	<b>Snack Attack:</b> To prevent over-eating at dinner and inhaling food when you come home from work or school, packing a healthy mid-afternoon snack is critical. Think about combining a food that offers a source of protein with a complex carbohydrate. Some healthy mid-afternoon snack ideas include: a pear with 10-20 raw almonds, a probiotic yogurt with a piece of fruit, a few whole grain crackers (e.g. sodium-reduced Triscuits) with a piece of cheese, a cut up apple dipped in natural peanut or almond butter, carrot and celery sticks dipped in hummus, a hard boiled egg with some grapes on the side, cut up cantaloupe or peach slices with cottage cheese, etc.	<input type="checkbox"/> Packed a mid-afternoon snack that included protein and complex carbs

28	<p><b>Cut Out Sweetened Beverages:</b> Here’s another tough one. Try going one week without any “sugar-sweetened beverages”, which include: coffee or tea with sugar, regular pop, iced tea, iced cappuccinos/coffees, hot chocolate, chocolate milk, energy drinks, sports drinks* (in non-athletic circumstances), fruit punches and cocktails, Vitamin Water, etc.</p>	<p>Days Without Sugary-Beverages This Week:  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
29	<p><b>Rainbow of Colour:</b> As the 30 Day Nutrition Challenge nears completion, your goal is to buy 1 red, 1 orange, 1 yellow, 1 green, 1 blue/purple, and 1 white vegetable or fruit when you next grocery shop. If you’re not grocery shopping today, make sure you add an item from each colour group to your grocery list ASAP. Here are some ideas:  <i>Red:</i> apples, cherries, cranberries, red pepper, red onion, tomatoes  <i>Orange:</i> carrots, nectarine, cantaloupe, squash, sweet potato, orange  <i>Yellow:</i> banana, pineapple, yellow pepper, yellow wax beans, plantain  <i>Green:</i> asparagus, cabbage, avocado, sugar snap peas, zucchini, kiwi, kale, Swiss chard, seaweed, broccoli, Brussels sprouts  <i>Blue/Purple:</i> blackberries, blueberries, plums, eggplant, grapes, figs  <i>White:</i> cauliflower, garlic, mushrooms, onions, pears, parsnips, potatoes</p>	<p>What I purchased or added to my grocery list:  <input type="checkbox"/> Red:  <input type="checkbox"/> Orange:  <input type="checkbox"/> Yellow:  <input type="checkbox"/> Green:  <input type="checkbox"/> Blue/purple:  <input type="checkbox"/> White:</p>
30	<p><b>Set a New Goal or Repeat a Missed Goal:</b> As the 30 Day Nutrition Challenge comes to an end, take a moment to reflect on your personal nutrition strengths and weaknesses. Do you do a good job eating lots of colourful vegetables each week? Do you drink enough water? Do you pack a healthy lunch and bring snacks from home so you don’t have to pay to eat out? Do you sit at the table when you eat and minimize distractions such as the TV and computer? Do you regularly try new foods, recipes, herbs, and spices to break out of the food rut? Are you positive, encouraging, and self-compassionate when you talk to yourself and think about food, or do you forever feel like you need to be on a “diet”? Congratulate yourself on the many healthy habits you have been able to establish this month, and be honest with where you still need to improve. Today is your chance to set your own healthy eating goal, or return to a goal from this 30 Day Nutrition Challenge that you skipped over or feel you need to address again.</p>	<p><input type="checkbox"/> Set my own healthy eating goal  <input type="checkbox"/> Revisited a previous goal from the 30 Day Nutrition Challenge</p>

**For more recipes &  
 healthy tips visit:  
[www.nutritionrx.ca](http://www.nutritionrx.ca)**