



# MARCH INTO HEALTH 30-DAY NOURISH YOUR BODY CHALLENGE



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LM MAGAZINE BY SARA FERNANDES

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# WELCOME!

## March into Health

### *30-Day Nourish Your Body Challenge*

Welcome to the **March into Health: 30-Day Nourish Your Body Challenge!**

This challenge is all about small, intentional steps to fuel your body, boost your energy, and create lasting healthy habits—without overwhelm.

Each day, you'll get a simple, doable action focused on nourishment, whether it's mindful eating, hydration, movement, or self-care. No rigid rules, just a flexible and supportive approach to feeling your best. Use this workbook to track your progress, reflect on your journey, and celebrate your wins.

Let's make March a month of nourishment, balance, and vitality—one day at a time!



# My commitment

## MARCH INTO HEALTH

I, \_\_\_\_\_, commit to fully participating in the March into Health - 30-Day Nourish Your Body Challenge.

I will:

- Dedicate time each day to engage in the challenge materials and exercises.
- Set aside time each day to complete my assigned tasks and reflections.
- Prioritize my personal growth and time management throughout the challenge.
- Stay positive, stay open to new ideas, and be kind to myself as I move through the journey.
- Participate in any optional group activities, check-ins, or discussions (if applicable).
- Complete the daily journaling prompts or time assessments, if applicable.

I understand that to make this challenge effective, I need to dedicate time to the process. I am committing to spending \_\_\_\_\_ per day/week for the next 30 days on the activities, journaling, and reflections required in this challenge.

By signing this document, I am committing to fully participating in the March into Health - 30-Day Nourish Your Body Challenge and doing my best to stay engaged, motivated, and focused on achieving my goals.

date:

signature:

# Monthly Planner

I start my challenge on the:

\_\_\_\_\_

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.


Every bite of veggies brings you closer to feeling energized and vibrant. Get creative, have fun, and celebrate every little win!





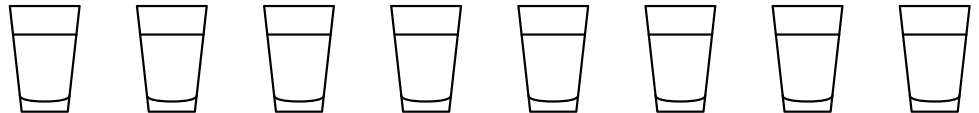
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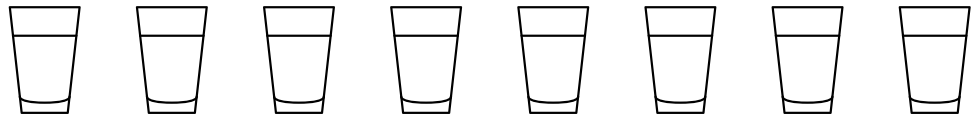
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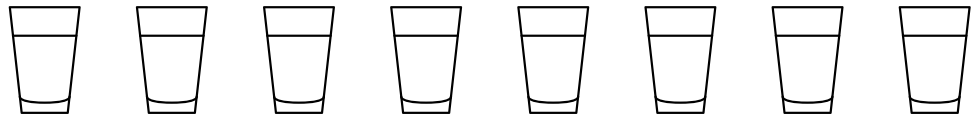
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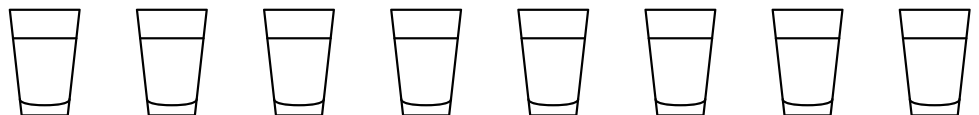
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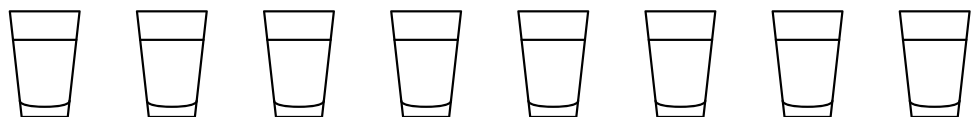
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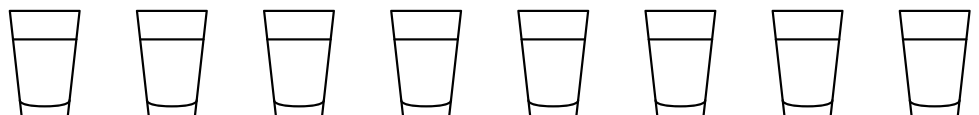
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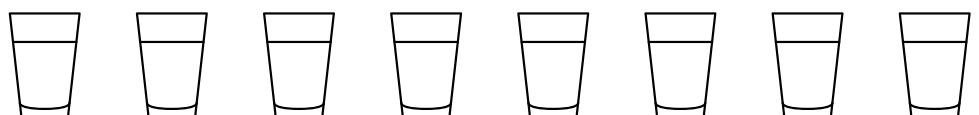
THURSDAY



FRIDAY



SATURDAY



# WEEK 1

## Veggie Boost

### Day 1

**Goal:** Add one extra serving of vegetables to every meal.

**Daily Focus:** Try a new veggie each day or experiment with different ways of preparing them.

#### Day 1: Add Greens to Breakfast

- Toss a handful of spinach or kale into your smoothie, omelet, or scrambled eggs.
- Not a fan of greens? Mix them into a wrap or sandwich for a mild and nutritious boost.



#### To try:

- Veggie-Packed Smoothie: Spinach, banana, berries, almond milk
- Roasted Veggie Medley: Sweet potatoes, zucchini, bell peppers, olive oil, herbs
- Veggie Stir-Fry: Broccoli, mushrooms, snow peas, soy sauce, garlic, ginger



# Veggie Boost

## Day 2

**Goal** - Snack on Raw Veggies

- Prep a small plate of cucumber, celery, or bell pepper slices with hummus, guacamole, or a yogurt dip.
- Try a veggie you don't usually eat raw—snap peas or jicama are crunchy and refreshing!





# Veggie Boost

## Day 3

**Goal** - Roast a Rainbow

- Roast a mix of colorful veggies (carrots, zucchini, sweet potatoes, and bell peppers) with olive oil and your favorite spices.
- Perfect as a side dish or tossed into salads, wraps, or grain bowls.





# Veggie Boost

## Day 4

**Goal** - Sneak Veggies into Your Main Dish

- Add grated zucchini, carrots, or chopped mushrooms into pasta sauce, tacos, or meatballs.
- Try mashed cauliflower or butternut squash instead of regular mashed potatoes.





# Veggie Boost

## Day 5

**Goal** - Try a New Veggie

- Pick a vegetable you've never tried (or haven't eaten in a while) and find a simple recipe to enjoy it.
- Examples: Roasted Brussels sprouts, sautéed bok choy, or grilled eggplant.





# Veggie Boost

## Day 6

### **Goal** - Blend It Up

- Make a veggie-packed smoothie with spinach, frozen cauliflower, or avocado for creaminess.
- Prefer a savory option? Try a blended soup with tomatoes, carrots, or roasted red peppers.





# Veggie Boost

## Day 7

**Goal** - Go Meatless for a Meal

- Make veggies the star! Try a veggie stir-fry, hearty lentil soup, or a loaded salad with nuts, seeds, and beans for protein.
- This is a great time to revisit your favorite veggie meals from the week and build on what you loved!







Your body loves hydration!  
Keep sipping, keep glowing, and  
enjoy the energy boost that  
comes with staying refreshed.



# WEEK 2

## Hydration Boost

### Day 8

**Goal:** Drink at least 8 cups of water per day, or aim for a hydration goal based on your individual needs (e.g., ½ ounce per pound of body weight).

**Daily Focus:** Add hydration-friendly habits to your day to make drinking water easy and enjoyable.

#### Day 8: Start Your Day with Water

- Before your morning coffee or tea, drink a full glass of water to rehydrate after sleep.
- Keep a glass by your bed as a reminder!



#### To try:

- Cucumber-Mint Water: Cucumber, mint leaves, water
- Berry-Infused Water: Strawberries, raspberries, water
- Lemon-Ginger Detox Tea: Lemon, ginger, hot water



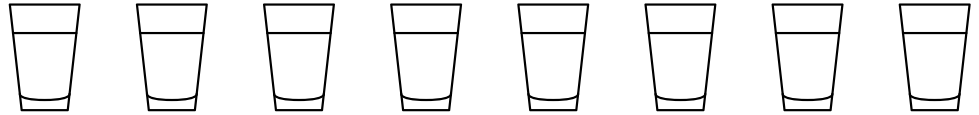
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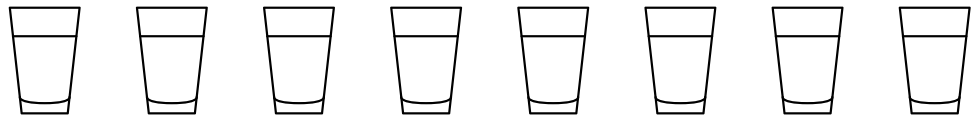
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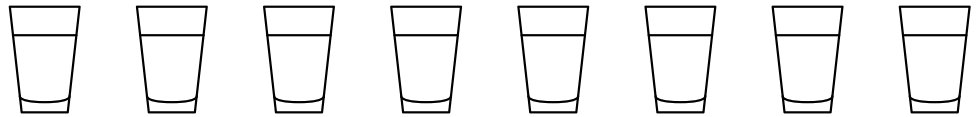
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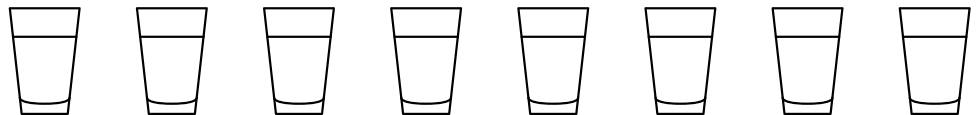
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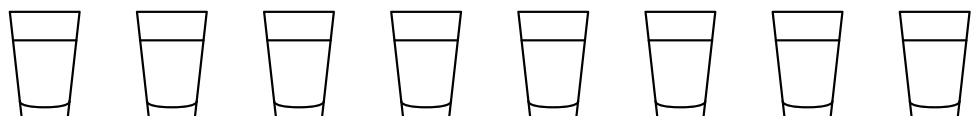
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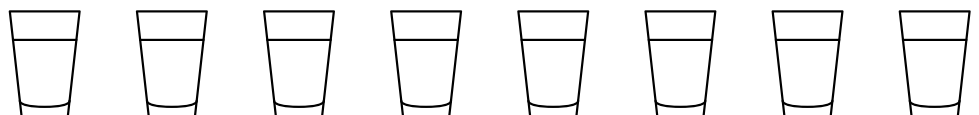
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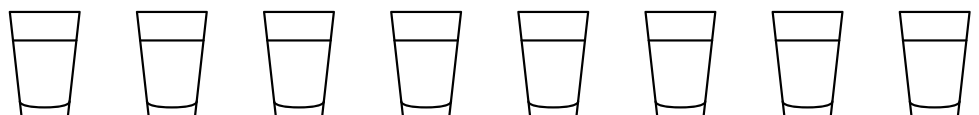
THURSDAY



FRIDAY



SATURDAY





# Hydration Boost

## Day 9

**Goal** - Carry a Water Bottle Everywhere

- Bring a reusable water bottle with you and sip throughout the day.
- If needed, set reminders on your phone to take a few sips every hour.





# Hydration Boost

## Day 10

### **Goal** - Infuse for Flavor

- Try adding lemon, cucumber, mint, berries, or even a splash of coconut water to make drinking water more enjoyable.
- Experiment with different combinations until you find your favorite!





# Hydration Boost

## Day 11

### **Goal** - Pair Water with Meals

- Drink a glass of water before each meal—it helps with digestion and prevents overeating.
- If you usually drink soda or juice, try replacing one with water today.





# Hydration Boost

## Day 12

### **Goal** - Hydrate with Food

- Eat water-rich foods like watermelon, cucumber, oranges, or soup.
- Try a smoothie with hydrating ingredients like coconut water, spinach, and pineapple.





# Hydration Boost

## Day 13

**Goal** - Set a Hydration Goal & Track It

- Decide how much water you want to drink today and track your intake.
- Use a journal, app, or simple tally marks on paper.



You don't have to be perfect, just consistent!



# Hydration Boost

## Day 14

### **Goal** - Upgrade Your Evening Routine

- Drink a calming herbal tea or a warm glass of lemon water before bed.
- Reflect on how staying hydrated has made you feel this week—better energy, clearer skin, improved digestion?





# WEEK 3

## Mindful Eating

### Day 15

**Goal:** Slow down and be present while eating; eliminate distractions and tune in to your body's signals.

**Daily Focus:** Pay attention to hunger cues, savor every bite, and practice portion control.

#### Day 15: Eat Without Distractions

- Turn off the TV, put away your phone, and focus fully on your meal.
- Notice the colors, textures, and smells of your food before taking a bite.



#### Tips:

- Try using smaller plates to help control portions.
- Chew each bite 20 times for better digestion.
- Create a peaceful eating environment (no phones, TV, or rushing).



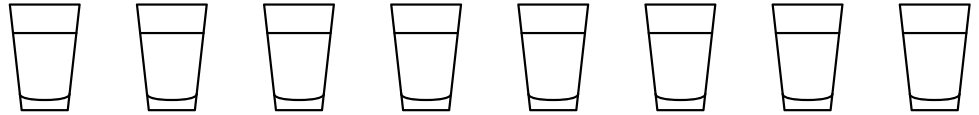
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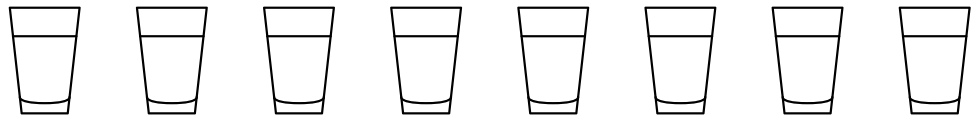
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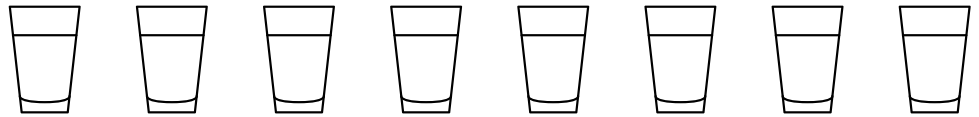
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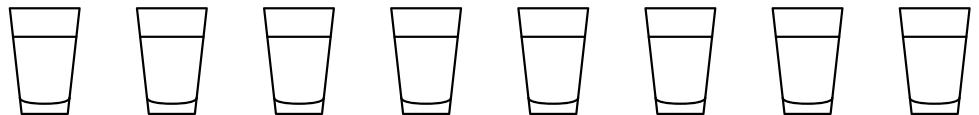
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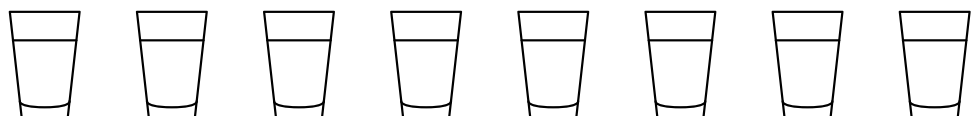
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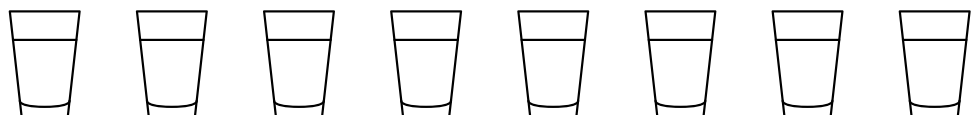
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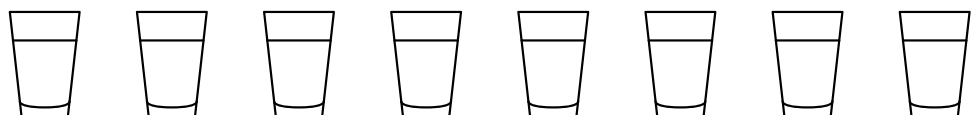
THURSDAY



FRIDAY



SATURDAY





# Mindful Eating

## Day 16

**Goal** - Chew Slowly & Savor Every Bite

- Try chewing each bite 15–20 times before swallowing.
- Focus on the flavors and textures—what do you notice?





# Mindful Eating

## Day 17

**Goal** - Pause Halfway Through Your Meal

- Set your fork down and take a deep breath halfway through eating.
- Ask yourself: "Am I still hungry, or am I satisfied?" Adjust portions accordingly.





# Mindful Eating

## Day 18

### **Goal** - Engage Your Senses

- Take time to appreciate the visual appeal, aroma, and taste of your food.
- Try describing the flavors in your head as you eat.





# Mindful Eating

## Day 19

**Goal** - Listen to Your Hunger Cues

- Before eating, ask: "Am I truly hungry or just bored/stressed?"
- Use a hunger scale (1 = starving, 10 = stuffed) to assess how you feel before and after eating.





# Mindful Eating

## Day 20

**Goal** - Practice Gratitude for Your Food

- Before your first bite, take a moment to appreciate your meal—where it came from, who prepared it, and how it nourishes you.
- You can say a small gratitude statement like, “I’m thankful for this meal and how it fuels my body.”



Celebrate small wins,  
every healthy choice counts!



# Mindful Eating

## Day 21

**Goal** - Mindfully Enjoy a Treat

- If you have a favorite snack or indulgence, eat it slowly and fully enjoy it—no guilt!
- Pay attention to how it makes you feel, both physically and emotionally.





# WEEK 4

## Healthy Swaps

### Day 22

**Goal:** Replace at least one processed food or snack with a whole food option.

**Daily Focus:** Find healthier alternatives to your usual snack or meal ingredients—small swaps add up!

#### Day 15: Swap Sugary Drinks for a Healthier Option

- Replace soda, juice, or sugary coffee drinks with water, herbal tea, or a homemade smoothie.
- Try sparkling water with a splash of lemon or berries for a refreshing twist.



#### To try:

- Homemade Trail Mix: Nuts, seeds, dried fruit (no added sugar)
- Smoothie Bowl: Frozen fruits, yogurt, chia seeds, nuts
- Energy Bites: Oats, peanut butter, honey, chia seeds



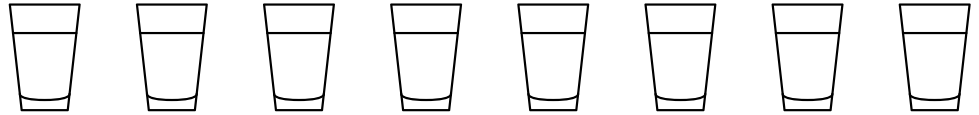
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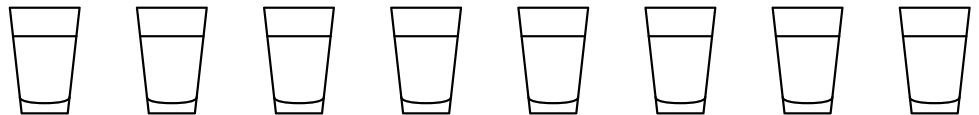
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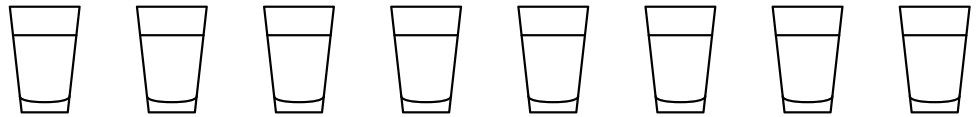
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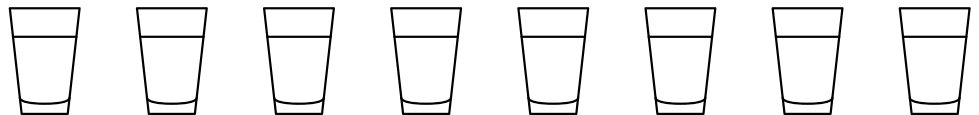
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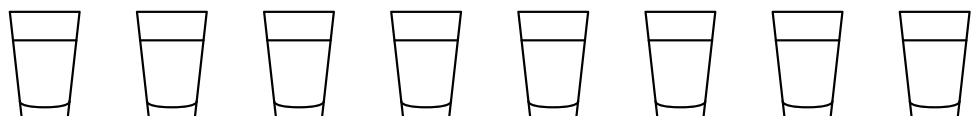
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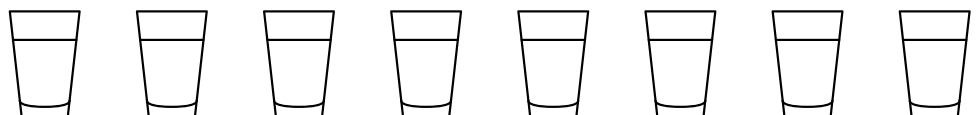
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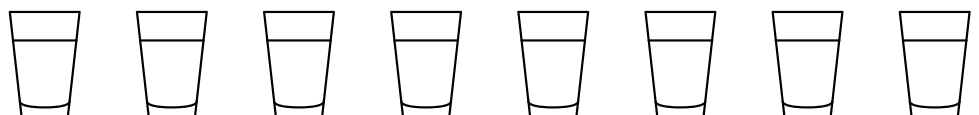
THURSDAY



FRIDAY



SATURDAY





# Healthy Swaps

## Day 23

**Goal** - Upgrade Your Snack

- Instead of chips or candy, reach for air-popped popcorn, mixed nuts, or veggie sticks with hummus.
- If you crave something sweet, try fruit with nut butter or dark chocolate (70%+ cacao).





# Healthy Swaps

## Day 24

**Goal** - Choose Whole Grains Over Refined Grains

- Swap white bread, pasta, or rice for whole-grain options like whole wheat bread, quinoa, or brown rice.
- If you're unsure, start with one meal—whole-grain toast at breakfast or brown rice at dinner.





# Healthy Swaps

## Day 25

**Goal** - Cook One Meal from Scratch

- Instead of takeout or packaged meals, prepare something fresh at home.
- Try a simple homemade soup, stir-fry, or grain bowl using whole ingredients.





# Healthy Swaps

## Day 26

**Goal** - Swap Store-Bought for Homemade

- Make a healthier version of a favorite processed food –like homemade salad dressing, granola, or trail mix.
- If time is short, start with one simple swap, like making overnight oats instead of packaged cereal.





# Healthy Swaps

## Day 27

**Goal** - Go for Leaner & Cleaner Proteins

- Swap processed meats (like deli meat or sausage) for leaner, whole-food proteins like grilled chicken, beans, or tofu.
- If you're a dairy lover, try Greek yogurt instead of sugary flavored yogurts.





# Healthy Swaps

## Day 28

**Goal** - Proteins and vitamins come in a lot of shapes and forms.

- If eating a lot of vegetables isn't for you, try drinking them.
- Make a green smoothie using spinach, cucumber, lettuce, add a banana, some strawberries, ice cubes and water or milk.





# Healthy Swaps

## Day 29

**Goal** - Reflect & Plan Your Favorite Swaps

- Look back at the swaps you tried this week—what worked best for you?
- Choose 1–2 swaps to keep as long-term habits moving forward!





# Healthy Swaps

## Day 30

**Goal** - Rinse and repeat.

- Look back at the challenge, are you hydrating? Are you eating mindfully? Are you eating healthier?
- Choose 1–2 swaps to keep as long-term habits moving forward!



Your body will thank you for nourishing it!



March into Health

# Congratulations

You've completed the March into Healthy Eating challenge!

Reflect on how far you've come and celebrate your success! Keep incorporating these habits into your routine and continue nourishing your body every day.

"This is about progress, not perfection."

XO

Sara