YOUR BEST MARCH

sun	mon	tues	weds	thurs	fri	sat
	1 Enjoy olives as a snack for a dose of healthy fat.	**2** Stir turmeric into salad dressing, mustard, or mayo for an anti-inflammatory boost.	**3** Relax before eating each meal for better digestion.	**4** Stir unsweetened cocoa powder into nut butter & use as a fruit dip.	**5** Add chia, flax or hemp seeds to a smoothie, salad or yogurt.	**6** Experiment w/ something new in a salad today like roasted chickpeas.
7 Catch & flip negative self talk.	**8** Have popcorn as a snack w/ herbs or spices.	**9** Make a DIY electrolyte drink.	**10** Pause before taking seconds.	**11** Turn yogurt into a veggie dip; stir in blue cheese, harissa, or curry powder.	**12** Add vegetables to breakfast today.	**13** Have dessert flavored tea after dinner.
14 Aim for 1/2 your plate to be veggies at lunch & dinner.	**15** Have an apple topped w/ tahini & cinnamon for a snack.	**16** Doodle pictures of food as a mood boost.	**17** Have a bowl of berries for dessert.	**18** Listen to a chill vibes playlist during dinner.	**19** Just START something you've been putting off.	**20** Add miso paste to tahini & use as a dip for veggies.
21 Text a friend you haven't talked to in awhile.	**22** Take a work break and listen to upbeat music.	**23** Take a shot of tart cherry concentrate before bed.	**24** Add cinnamon to your coffee for concentration.	**25** Put an egg on your salad to increase nutrition.	**26** Sip green tea w/ lemon.	**27** Make carrot or celery "poppers" as a fun veggie snack.
28 Add beans to a salad to get more plant protein.	**29** Take pics of meals to see if you have the right ratios.	**30** Look at pictures of your pet or cute animals to feel more joyful.	**31** Smell lavender to relax/unwind before bed.			