

52 Weeks Clean Eating Challenge

The Clean Eating Miracle: A Healthier, Happier You in Just 5 Minutes a Day!

Week 1:	Set Smart Goals	Week 27:	Rebound on a Mini Trampoline
Week 2:	Drink Sufficient Water	Week 28:	Stick to a Healthy Eating Schedule
Week 3:	Sleep 7-8 hours per Day	Week 29:	Accept Setbacks
Week 4:	Increase Vegetable Intake	Week 30:	Try Salad in Mason Jars
Week 5:	Optimize Fruit Nutrition	Week 31:	Develop a Positive Attitude
Week 6:	Minimize TV	Week 32:	Use Healthy Spices
Week 7:	Shine Your Kitchen Sink	Week 33:	Prefer Steam Cooking
Week 8:	Increase Whole Grain Intake	Week 34:	Be Prepared for Party Season
Week 9:	Downshift Dairy	Week 35:	Stand up Straight
Week 10:	Create Habit Chains	Week 36:	Save Money with Clean Eating
Week 11:	Laugh out loud	Week 37:	Get on the Scale
Week 12:	Minimize Sugar	Week 38:	Opt for Clean Eating Casseroles
Week 13:	Enjoy Nuts & Seeds	Week 39:	Prepare Healthy Freezer Meals
Week 14:	Simplify Meal Planning	Week 40:	Consume Chia Seeds
Week 15:	Stop Emotional Eating	Week 41:	Clean and Stock Fridge
Week 16:	Use Healthy Oils	Week 42:	Indulge with Clean Desserts
Week 17:	Prefer Lean Meat	Week 43:	Use Healthy Herbs
Week 18:	Use Cabbage Soup as Starter	Week 44:	Drink Green Tea
Week 19:	Keep Walking	Week 45:	Make Clean Eating Spreads
Week 20:	Slash Sodium	Week 46:	Organize Clean Eating Recipes
Week 21:	Eat Healthy Fish	Week 47:	Eat Quinoa
Week 22:	Prefer Clean Eating Snacks	Week 48:	Practice Gratitude
Week 23:	Practice Meditation	Week 49:	Simplify Clean Eating Dinner
Week 24:	Eat Lentils	Week 50:	Motivate Kids for Clean Eating
Week 25:	Cut Out Shopping	Week 51:	Prefer Flat Stomach Foods
Week 26:	Eat Healthy Breakfast	Week 52:	Sow Your Seeds