

NO JUNK FOOD NOVEMBER - 30-DAY CHALLENGE

Welcome to the "No Junk Food November" 30-Day Challenge! This month-long journey is all about making a positive change in your life by saying goodbye to unhealthy junk food and embracing a healthier lifestyle. Are you ready to take on this empowering challenge? Let's get started!

The Challenge:

The goal of the "No Junk Food November" challenge is simple: avoid consuming any junk food for the entire month. Junk food includes those tempting, but unhealthy, treats high in sugar, unhealthy fats, and processed ingredients. By eliminating these foods from your diet, you'll be paving the way for better health, increased energy levels, and positive habits that can last a lifetime.

You may also choose to limit your junk food intake down to only one portion per day if you currently have a diet high in junk foods.

How to Prepare:

Before we begin, take some time to prepare for this transformative experience. Clean out your pantry and fridge of any junk food temptations and make space for nourishing alternatives. Plan your meals ahead of time and stock up on wholesome fruits, vegetables, lean proteins, and whole grains to fuel your body throughout the challenge.

Guidelines and Rules:

Be sure to familiarize yourself with the guidelines and rules of the challenge. defining what qualifies as junk food, setting a start and end date for the 30-day and considering any special circumstances, like social gatherings, that may arise month. **Check out the ranges of foods that are considered junk food from the sourced from the Australian Eat for Health Dietary Guidelines at this link:



This includes challenge, during the cheat sheet,

Healthy Eating Tips:

We're here to support you with a wealth of healthy eating tips! Check out the sample menu that you can download from this link. These are nutritious foods and meals to satisfy your cravings for every day of the week. Remember, balance is key, so aim for a diverse range of nutrients to nourish your body.

Motivation and Support:

You won't be alone on this journey! Join our supportive community and share your progress on social media using a unique hashtag. You'll find daily or weekly motivational tips to keep you inspired and driven towards success. #nojunkfoodnovember

Tracking Progress:

To help you stay on track, use the tracker to record your daily food intake and the next step and purchase one of our Mindful Eating Journals to celebrate your and embrace self-reflection - even small victories are worth acknowledging. gym or online:



exercise. Or go achievements Purchase at the

MONTHLY JUNK FOOD TRACKER

Your Goal for the Month:

Reduce junk food consumption / Make healthier snack choices / Track progress and identify patterns

Instructions:

- *Color Code:* Use different colors to mark your progress or categorize types of junk food (see Legend below)
- *Daily Goals:* Set daily goals for the number of junk food items or servings you want to limit yourself to.
- *Notes:* Use the notes section to record any observations, cravings, or strategies you've used.
 - The types of junk food you're prone to eating.
 - Triggers or situations that lead to junk food cravings.
 - Strategies you used to resist junk food temptations.
 - How you felt on days when you successfully avoided junk food.
 - Any improvements or challenges you've noticed throughout the month.

Date	Day	Goal	Junk Food Items Eaten	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
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28				
29				
30				
31				

Legend:

- Not consumed
- Consumed

ONE WEEK MEDITERRIAN MEAL PLAN: 1500 TO 2000 CALORIES

These portion sizes are approximate and can be adjusted based on your specific dietary needs and preferences. Remember to drink plenty of water throughout the day to stay hydrated, and consider consulting with a healthcare provider or registered dietitian before starting any new diet plan, especially if you have specific health concerns or dietary restrictions.

DAY 1:

Breakfast (300-350 calories)

Greek yogurt (150g) with honey (1 tbsp) and fresh berries (1/2 cup)

Whole-grain toast (1 slice) with olive oil (1 tsp) and tomato slices (1/2 medium tomato)

Lunch (400-450 calories)

Mediterranean salad with mixed greens (2 cups), cucumbers (1/2 cucumber), tomatoes (1 medium tomato), olives (8-10 olives), feta cheese (30g), and a vinaigrette dressing (2 tbsp)

Grilled chicken breast (150g)

Snack (150-200 calories)

Hummus (2 tbsp) with baby carrots (1/2 cup) and cucumber slices (1/2 cup)

Dinner (450-500 calories)

Baked salmon (150g) with lemon and dill

Quinoa pilaf (1/2 cup) with mixed vegetables

Steamed broccoli (1 cup)

DAY 2:

Breakfast (300-350 calories)

Oatmeal (1/2 cup, uncooked) topped with sliced almonds (1 tbsp), fresh peaches (1 medium peach, sliced), and a drizzle of honey (1 tsp)

Lunch (400-450 calories)

Whole-grain pita bread (1 whole pita) stuffed with hummus (2 tbsp), roasted red peppers (1/2 cup), cucumbers (1/2 cucumber), and grilled chicken (150g)

Snack (150-200 calories)

Greek yogurt (150g) with a sprinkle of cinnamon

Dinner (450-500 calories)

Mediterranean-style lentil soup (1.5 cups)

Grilled shrimp skewers (150g) with a side of steamed spinach (1 cup)

DAY 3:**Breakfast (300-350 calories)**

Scrambled eggs (2 eggs) with spinach (1 cup, cooked), tomatoes (1 medium tomato, diced), and feta cheese (30g)

Whole-grain toast (1 slice)

Lunch (400-450 calories)

Tabbouleh salad with chickpeas (1 cup) and diced cucumbers (1/2 cucumber)

Grilled lamb kebabs (150g)

Snack (150-200 calories)

Mixed nuts (1/4 cup) and dried fruits (1/4 cup)

Dinner (450-500 calories)

Grilled chicken (150g) with a Mediterranean salsa made from diced tomatoes (1 medium tomato), cucumbers (1/2 cucumber), red onions (1/4 onion), and parsley (2 tbsp)

Quinoa pilaf (1/2 cup)

Steamed asparagus (1 cup)

DAY 4:**Breakfast (300-350 calories)**

Greek yogurt (150g) parfait with layers of granola (1/4 cup), honey (1 tsp), and fresh berries (1/2 cup)

Lunch (400-450 calories)

Spinach and feta-stuffed chicken breast (150g)

Roasted vegetable medley (1 cup)

Snack (150-200 calories)

Hummus (2 tbsp) with whole-grain crackers (6-8 crackers)

Dinner (450-500 calories)

Baked trout (150g) with a lemon and herb marinade

Bulgur wheat salad with diced cucumbers (1/2 cucumber), parsley (2 tbsp), and mint (1 tbsp)

DAY 5:**Breakfast (300-350 calories)**

Whole-grain toast (1 slice) with smashed avocado (1/4 avocado), a poached egg, and a sprinkle of red pepper flakes

Lunch (400-450 calories)

Greek salad with grilled shrimp (150g)
Whole-grain pita bread (1 whole pita)

Snack (150-200 calories)

Cottage cheese (150g) with sliced peaches (1/2 peach)

Dinner (450-500 calories)

Mediterranean-style stuffed peppers with ground turkey (150g), tomatoes (2 medium tomatoes), and herbs
Quinoa (1/2 cup)

DAY 6:**Breakfast (300-350 calories)**

Omelet with sautéed spinach (1 cup, cooked), tomatoes (1 medium tomato, diced), and feta cheese (30g)

Lunch (400-450 calories)

Lentil and vegetable soup (1.5 cups)
Grilled chicken breast (150g) with lemon and oregano

Snack (150-200 calories)

Mixed berries (1/2 cup) with a dollop of Greek yogurt (75g)

Dinner (450-500 calories)

Baked white fish (150g) with a Mediterranean tomato sauce (1/2 cup)
Roasted Brussels sprouts (1 cup)
Couscous (1/2 cup) with pine nuts (1 tbsp) and raisins (2 tbsp)

DAY 7:**Breakfast (300-350 calories)**

Smoothie with Greek yogurt (150g), banana (1 medium banana), spinach (1 cup), and a sprinkle of flaxseeds (1 tbsp)

Lunch (400-450 calories)

Lentil and vegetable soup (1.5 cups)
Grilled chicken breast (150g) with lemon and oregano

Snack (150-200 calories)

Mixed berries (1/2 cup) with a dollop of Greek yogurt (75g)

Dinner (450-500 calories)

Baked white fish (150g) with a Mediterranean tomato sauce (1/2 cup)
Roasted Brussels sprouts (1 cup)
Couscous (1/2 cup) with pine nuts (1 tbsp) and raisins (2 tbsp)