

# 30 Day Healthy Cooking Challenge



Eating healthy can be a challenge, especially when you are busy. The temptation to eat convenient and often unhealthy foods can feel unbeatable. But when we give in to that temptation too often, we build unhealthy habits. Studies show that eating at home is usually the healthier choice and can lead to better health in the long run. But how does anyone have the time or money to prepare meals these days? This 30-day challenge will help you stock your kitchen with delicious, healthy ingredients and provide you with quick, easy and inexpensive recipes. Bon appétit!



## Check off all the days you were able to complete.

Click the squares on the left side of each day or print this out and fill them in by hand.

1



Eating healthier isn't always about bland, boring food. In fact, many non-processed foods deliver more flavor and texture as well as nutrition. Eating healthy is better for you. But why? [Find out here!](#)

2



Let's go shopping! [Here is a shopping list](#) to help you get ready for this healthy cooking challenge.

3



Cooking takes time, which can make finding time for meal prep hard. Luckily, there are some tips and tools you can use to make meal prep more manageable. [Find them here!](#)

4



[Here's one week of delicious and healthy dinners.](#) These were crafted with nutrition, cost and time in mind.

5



There are a lot of delicious recipes in this challenge. But it's not just about what you eat. It's also about how much you eat. Read up on [portion sizes, tips and tools here.](#)

# 30 Day Healthy Cooking Challenge



6



What is intuitive eating? Intuitive eating is about making peace with food and trusting your body. Read more about how intuitive eating can help you reach your goals [here](#).

7



Should you fry it or should you bake it? [Here's a look](#) into some of the healthiest ways to prepare food!

8



Next time you need a quick snack, opt for healthy fats and proteins instead of salty or sugary snacks. Try [these filling options](#) next time you're feeling peckish!

9



Enjoy a pumpkin spice latte [the healthy way](#)!

10



Staying hydrated is just as important as diversifying your diet. Here are [two delicious warm beverages](#) to help you stay hydrated and cozy. As an added bonus, these can help you sleep better.

11



Let's face it. We're surrounded by sweet treats and salty snacks nearly every day. Giving in sometimes is only natural. But it's important to know your limits. [Read this article](#) about how to think in terms of "always," "in moderation" and "occasionally" when planning a healthy meal.

12



Give your homemade meals a delicious restaurant-style twist using [these simple, flavorful hacks](#).

13



The next time you are feeling stressed, try one of these [six low-stress dinner recipes](#).

14



You don't have to be the best cook to prepare healthy meals at home. Here are [five no-cook meals](#) you can prepare in 30 minutes or less that you're sure to enjoy.

# 30 Day Healthy Cooking Challenge



15



The next time you visit the grocery store, try adding some heart-healthy options. Take inspiration from [this heart-healthy shopping list](#).

16



Keeping fresh veggies on hand is essential to developing healthy cooking habits. Learn how to keep them fresh, prepare them for meals, and enjoy two yummy recipes [here](#).

17



Satisfy your sweet tooth the easy and healthy way! All you need are basic ingredients and a microwave for [this easy microwave peach crisp](#)!

18



Warm up and save money with this tasty and more nutritious [hot chocolate recipe](#).

19



The great thing about cooking your own meals is that you can tailor them to your nutritional needs. Did you know that most adults don't get enough protein on a daily basis? [Learn how to calculate your protein needs here](#). Let what you learn inform your food choices.

20



One of the quickest ways to get a balanced meal is to build a bowl meal. Get all of your food groups in one easy dish. [Learn how here!](#)

21



You can save time in the kitchen by cooking enough for leftovers. [Read up on how to cook once and eat twice!](#)

22



Start the day with flavor and balance! Here are [five family-style recipes for breakfast](#).

23



Warm up and treat your heart with [these heart healthy soups and chilis](#).

# 30 Day Healthy Cooking Challenge



24



Healthy cooking isn't just about meals. **These snacks** are low in saturated fat, and you can prepare them at home.

25



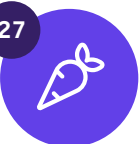
Chocolate lovers rejoice! **This five-ingredient dark chocolate souffle** will please the sweet tooth and your dietitian.

26



Black beans and leafy greens are both great, heart-healthy sources of fiber and essential vitamins and minerals. **This black bean and collard burrito** combines the two for a filling, flavorful meal.

27



Craving a salty, crunchy snack? Instead of going for highly processed, packaged snacks, try one of **these 10 crunchy, satisfying options**.

28



Here are **three simple whole grain swaps** you can make at breakfast, lunch and dinner.

29



Brussels sprouts are an excellent source of fiber. Try this easy **roasted brussels sprouts recipe** at your next meal.

30



Congratulations! You made it through the 30-day healthy cooking challenge! Bookmark your favorite recipes and keep up your momentum by visiting our library every month for new healthy cooking ideas!



## Visit [Teladoc.com](https://www.teladoc.com)

Call **1-800-TELADOC (835-2362)** | Download the App

