



30-Day Whole Food Challenge



Highly processed foods are all around us. Sugary sodas, plain old white bread, factory-made cookies: They taste good in the moment, but can often bring extra calories to the party—without bringing many nutrients. That's why it's helpful to enjoy foods the more natural way, packed with healthy fuel your body knows how to use!

When you're ready to start your challenge, your mission is simple: **Swap a highly processed food for a closer-to-nature option, or add one extra whole food** each day for 30 days in a row. Use the tips and links below to guide you on your way. It's okay if you can't do it each day—just do your best.

Hungry to start? Let's eat up!



Check off all the days when you swapped a highly processed food for a whole food option.

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



1

First, let's start with some answers. What is a whole food? And why is it better for you than processed foods? Check out [this article](#) to find out, and to start your challenge strong.



2

Why is eating whole foods important to you? Maybe you want to lose some weight or maintain your current weight. Perhaps you're managing a chronic condition. You might just want more energy or better digestion. Whatever your reason, **write it down** and keep it somewhere obvious to remind you of your motivation.



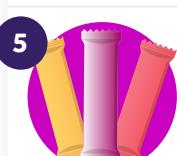
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Looking for some ideas to get you started? Here are some [easy whole food swaps](#) to kick things off.



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Go for the real thing. Do you ever start your day with orange juice? Go for 100% juice. Or better yet, try eating an orange instead. The actual fruit has more nutrients and much less sugar than processed juice.



5

Some highly processed foods may be hiding in plain sight! Check out our article on [sneaky processed foods that might surprise you](#). Then **look for alternatives** that are closer to how they appear in nature, like a small handful of walnuts and raisins instead of a granola bar.



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Here are some simple tips to [add veggies to your everyday meals](#). This is a great way to squeeze in one more whole food each day!

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You're busy. We understand! That's why it's helpful to have some **whole foods to go** so you can still **fuel your body on the run**.

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Another easy whole food swap: Choose **whole wheat crust** on your pizza. It comes packed with more fibre and vitamins than white flour crust. **Add some extra veggie toppings** while you're at it!

9



Start your day off right with a delicious, wholesome breakfast. Here are some tips for **swapping out highly processed breakfast foods**.

10



How about some healthy options in the afternoon and evening? Try some **lightly processed lunches and dinners** for a closer-to-nature meal.

11



Today, **explore your pantry for whole grains**. Whole wheat tortillas, breads and pastas naturally have more nutrients—and more delicious flavour—than white flour grains.

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This **mindful eating activity** is a great way to tune into the present moment and really savour the foods you eat. It can also help you feel more satisfied with whole foods.

13



Cravings come up. We're only human! When they do, you have the option to **choose whole foods that satisfy your hunger**. Here are some nutritious **splurge-worthy foods**.

14



Cooking for the whole family? You can still achieve your whole foods goal. Here are some expert tips for **balancing family meals**.

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It doesn't get any easier than these **three simple whole grain swaps**. Give them a try and see which ones you like.

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You're halfway through! What's working so far? **Write down** which healthier eating tactics have worked for you so far, and keep up the good work.

17



Fresh fruits and veggies are some of nature's most nutritious foods. Make yours last longer by storing them correctly. **Follow this guide** to keep your favourite produce fresh.

18



You might have found some good storage tips yesterday, but how do you keep whole produce fresh for the long-term? Here are **four great freezer fruits and veggies** to enjoy on your schedule.

19



Sweets and treats are part of a balanced eating plan. Enjoy them without guilt! Here are some helpful ideas for **choosing less processed treats**.

20



There's something special about enjoying a meal at a restaurant. **Dine out the less processed way** with a few simple tricks.

21



Not sure if a particular food you like is highly processed? **Use the nutrition label** to do a little detective work. This can help you make a more informed choice about what you want to eat.

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Eating with intention is a healthier way to plan your meals and enjoy them. Check out the linked guide to help you listen to your body and make choices that work for your goals.

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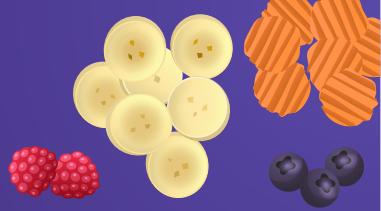
Worried about your heart or arteries? Here are **3 meals to help manage cholesterol**, each packed with tasty whole foods.

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It's not just about the foods we eat. Highly processed items can come in beverage form, too! Here are some **sweet alternatives to sugary drinks** with more nutrients and fewer calories.

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So you know what whole foods to eat, and you know how. But sometimes the people in our lives make it hard to stick to our healthy choices. Learn how to navigate food pushers who might pressure you to eat more treats and processed foods.



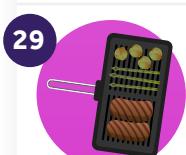
Beans and legumes (like chickpeas, lentils and black beans) are a great source of natural protein. You can get them fresh, dried or even canned. When going the canned route, **rinse your beans or legumes** to wash off any extra salt.



Do you know which foods are considered "Always," "In Moderation" and "Occasionally" foods? Here are tips for **planning a healthy meal** so you can load up with whole foods most of the time, and get the most out of the treats you love.



Whole foods come in snack form, too! Follow our **Smart Snacking Combo Guide** for a filling protein + produce powerhouse.



Almost done! Finish strong with another whole food swap today. Try to prepare your favourite foods with a **healthier cooking option** rather than getting it fried.



Congratulations, you've completed the challenge! **Write down all the tactics that worked for you to eat whole foods.** Keep practicing those tactics so you can keep taking care of your body—the natural way!