

APRIL

Month ONE: MEALS

Focus on fueling our body with nourishing foods

4.16.18: EAT GREEN DAILY

4.30.18: DRINK 3L OF WATER DAILY

LET FOOD BE THY MEDICINE,
AND LET THY MEDICINE BE
FOOD- HIPPOCRATES

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					