

# 21 DAY NOURISH CHALLENGE

Take the Nourish challenge by conquering all the tasks in the boxes.



We've provided some recipe suggestions for this 21 day challenge, but you can plan for yourself by following our simple nutrition guidelines which includes eating pure and fresh foods, organic as much as possible and eliminates processed foods. Nourish guidelines, program information, recipes, blogs and other Nourish information can be found online at [lundsandbyerlys.com/nourish](https://lundsandbyerlys.com/nourish). Check it out!

	Week 1	Week 2	Week 3
	DAY 1   MONDAY	DAY 8   MONDAY	DAY 15   MONDAY
Morning	Commit to not eating any processed food for 21 days starting today. You can do it!	Trade out a cup of coffee for a cup of green tea.	<a href="#">Grilled Peaches and Quinoa</a>
Noon	Follow <a href="#">Lunds &amp; Byerlys Salad Bar 101</a> recipe for lunch.	Go for a walk with a co-worker outside after lunch.	Follow <a href="#">Lunds &amp; Byerlys Salad Bar 101</a> for lunch. See day 1 for recipe.
Night	Ask your store's <a href="#">FoodE Expert</a> for a Nourish dinner suggestion.	Meet your store's <a href="#">FoodE Expert</a> and ask for a Nourish recipe idea.	Take a yoga class.
	DAY 2   TUESDAY	DAY 9   TUESDAY	DAY 16   TUESDAY
Morning	Upon waking and 30 minutes before eating, squeeze 1/2 organic lemon into 8 oz. water for an cleansing refresher.	Green tea for breakfast with fresh fruit and some nuts and seeds. Simple.	<a href="#">Grilled Peaches and Quinoa</a>
Noon	Pack a to-go snack of veggies and nuts.	Try a whole grain salad from our deli department.	Like the heat? Try out Modo Hot Yoga in Minneapolis.
Night	Get 8 hours of sleep tonight. Yes do it!	Broil some wild caught salmon from our seafood department.	Make a batch of <a href="#">Everything Sauce</a> for tomorrow's lunch.
	DAY 3   WEDNESDAY	DAY 10   WEDNESDAY	DAY 17   WEDNESDAY
Morning	<a href="#">Green Grits</a> for breakfast.	Start your day with <a href="#">All Hail Avocado Toast</a> .	Set your alarm 15 minutes early so you can meditate on what you want to create today.
Noon	Read the ingredients on 4 food labels at the grocery store. Learn to <a href="#">eat pure foods</a> only.	Drink 8 cups of water throughout the day.	Add <a href="#">Everything Sauce</a> and assorted veggies to your lunch.
Night	Cook up the House Special for dinner tonight.	Pick up some Lunds & Byerlys Quinoa from the grain aisle. It's naturally gluten free!	Add a super food to your lunch.
	DAY 4   THURSDAY	DAY 11   THURSDAY	DAY 18   THURSDAY
Morning	<a href="#">Super Food Smoothie</a> for breakfast.	Veggies for breakfast! Try mixed greens with lemon, olive oil and a touch of salt with toast. Easy!	Green tea for breakfast with fresh fruit and some nuts and seeds. Simple.
Noon	Add 6 raw veggies to your salad from our deli salad bar.	Go for a 15 minute walk during your lunch break.	Plan a spa day, yes really. Take a day off and do it!
Night	Turn off all screens and listen to relaxing music with a cup of herbal tea.	Boost your yogurt with Full Circle whey protein powder.	Roast a whole organic chicken for dinner.
	DAY 5   FRIDAY	DAY 12   FRIDAY	DAY 19   FRIDAY
Morning	Commit to smiling at every person you see today, including yourself in the mirror.	Prepare <a href="#">Cleansing Breakfast Soup</a> .	L&B Superseed bread (in our bakery) toasted with almond butter and organic bananas on top. Green tea too!
Noon	Make <a href="#">Sammie Skewers</a> for lunch.	Ask one of our pharmacists about probiotics. What are they and why are they good?	Try the Sesame Kale Salad from our salad bar.
Night	Write down your intention for your day tomorrow before going to bed.	Gaze at the moon and stars tonight and let it all go.	<a href="#">Seared Sirloin Over Power Greens</a> for dinner
	DAY 6   SATURDAY	DAY 13   SATURDAY	DAY 20   SATURDAY
Morning	Reread your night time intention from day 5 before you start your day.	It's the weekend! Try the <a href="#">Rainbow Scrambled Eggs</a> .	Show stopper breakfast of <a href="#">Walnut Crusted Eggs over Greens</a> .
Noon	Have <a href="#">Nourish Avocado Shrimp Bowl</a> for lunch.	Fire up your grill for a Responsibly Sourced seafood choice from our seafood department.	Try our Super Food Salad from the Deli for lunch.
Night	Meditate for 15 minutes in complete silence.	Try some warm herbal chamomile tea with a touch of honey and milk before bed.	Treat yourself to a pure essential oil bath.
	DAY 7   SUNDAY	DAY 14   SUNDAY	DAY 21   SUNDAY
Morning	Start your morning with 1/2 organic lemon squeezed into 8 oz. of water.	Pick up some raw nuts, seeds and dried fruit and make a mix to take on a hike today.	You did it! Day 21. Reward yourself with a bouquet of Bachman's fresh flowers.
Noon	<a href="#">Nourish Tuna Salad Bowl</a> for lunch.	Enjoy the <a href="#">Earth Day Sandwich</a> for lunch.	Make a stir fry using one of our prepared cut vegetable mixes in produce, our L&B Teriyaki sauce and serve over rice noodles.
Night	Rub a couple drops Veriditas Lavender Essential Oil on the back of your neck before sleep tonight.	Prepare <a href="#">Grilled Peaches and Quinoa</a> for next week's morning breakfast.	Celebrate your accomplishments. Make <a href="#">Panna Cotta with Roasted Berries and Balsamic Reduction</a> . (Easier than it sounds!)