

# *Sprung*4*Spring*

## **CHALLENGE PACKET**

Brought to you by...



## INTRO

Changing your diet can be tough and sticking to it can be even harder. But not this spring! **Sprung4Spring** is a **FREE 21-Day challenge open to everyone!** It will help you maintain the principles outlined in [The Seasonal Diet](#) (SD) and will also keep you on track with your personal health goals. Small changes over time reap big rewards, and this challenge has some prizes you don't wanna miss! Did we mention this was going to be fun? You better believe we'll be doing this challenge along with you ;)

## RULES

In order to be entered for the prize package you must take a photo of your completed daily action item and share it on a social media outlet of your choice: Facebook, Instagram or Twitter. You must use one of the following hashtags in order for your post to count: **#Seasonaldiet**, **#Sprung4spring** or **#Tastemaker** (core items need not be photographed unless you want to share, see below for more info). You must also fill out the small form at the bottom of this page by the deadline after the challenge. See below for how the winner will be selected.

## SUPPORT

If you need further support we suggest joining [The Seasonal Diet](#) Tastemakers, as you'll have access to members-only emails, over 180 gluten-free, plant-based, all-seasonal recipes referenced throughout the challenge and a private Facebook Group. If that option is not in your budget at the moment, feel free to post any questions or concerns on our main Facebook Page and we'll get back to you as soon as we can!

## RESOURCES

The Seasonal Diet, Facebook and our Blog are all great places to find support and tools to help you along. [Here are some blog posts](#) you might consider reading before the challenge:

- [What is a Tastemaker... and when do you become one?](#)
- [Why you should get The Seasonal Diet](#)

## PICKING A WINNER

**Easy** tasks are worth 1 point; **medium** tasks are worth 2; **hard** tasks are worth 3. SD Tastemakers (members) get double points for every task completed. At the end of the challenge, tally your points and [complete this form](#) by **May 4<sup>th</sup>, 2014**. The ten people with the highest points will be entered into a random number generator. One person gets the full prize package!



## PART 1: THE CORE 5

In addition to the daily tasks listed below, we are also asking that you **make sure to complete The Core 5 Tasks each day for the next 21 days**. These simple 5 things made a big impact on our health and energy and we know they can do the same for you. They're very simple, but super important... so don't skip them!

1. Drink a glass of warm water with lemon, first thing in the morning
2. Carry a water bottle with you at all times
3. Fit a salad and/or smoothie in one of your meals each day
4. Only eat whole-food ingredients, nothing you can't buy at the grocery store in whole form
5. Plan out your meals ahead of time (this can be the day before, or even a few days in advance)

## PART 2: THE CALENDAR

Complete the items on the calendar. They start with easy tasks and gradually get more challenging, but we know you can do it! Don't forget to use the hashtags **#Seasonaldiet** or **#Sprung4spring** or **#Tastemaker** so you can get points for that task and so we can see how you are doing. Oh, and we'll be doing the same!

Delicious Eating!

*Peter & Sarah*





## BASIL BALLPARK FRIES

Included the Recipe Bundle!



# DAY 1

FRIDAY, APRIL 11

\*

Incorporate fresh berries into your lunch and find out where they came from

*Did you do this? What type of berries did you have and where did they come from?*

# DAY 2

SATURDAY, APRIL 12

\*

**Chop an entire head of lettuce today** and put it to good use (The SD has over 25 great salad recipes, try one from there!)

*Did you do this? What salad did you make? What was in it?*

# DAY 3

SUNDAY, APRIL 13

\*

Art Project! Write down a health goal, frame it and hang it in your kitchen. (Follow us on Instagram to see ours)

*Did you do this? What is your health goal?*

# DAY 4

MONDAY, APRIL 14

\*

Buy arugula or basil and make Pesto or Lasagna (**The Basil Ballpark Fries** in the SD Spring Bundle **are amazing!**)

*Did you do this? Did you make Pesto or Lasagna?*

# DAY 5

TUESDAY, APRIL 15

\*

Eat raw until noon (the Tropical Smoothie Pg.67 in The SD is a great option for a raw breakfast)

*Did you do this? What did you make?*

# DAY 6

WEDNESDAY, APRIL 16

\*

Spruce up your water or turn it into a tonic: basil, ginger, turmeric, mint ...they all taste great.

*Did you do this? What did you add to your water?*



# DAY 7

THURSDAY, APRIL 17

\*

**Bring something healthy to work or school to share!**

*Did you do this? How was it received?*

## DAY 8

FRIDAY, APRIL 18

\*\*

**Eat something green at every meal** (breakfast could be a green smoothie, lunch a big salad, dinner Sweet Potato Macaroni w/ Broccoli Pg.108 of The SD)

*Did you do this? Was it easier or harder than you thought?*



## DAY 9

SATURDAY, APRIL 19

\*\*

Eat in, rather than out. Prepare a delicious, seasonal meal for your family or friends.

*Did you do this? What did you make?*

## DAY 10

SUNDAY, APRIL 20

\*\*

**Make a plant-based quiche.** The Seasonal Spring Quiche in the Recipe Bundle is a must!

*Did you do this? How did it turn out?*

## DAY 11

MONDAY, APRIL 21

\*\*

Eat lunch outside (if it's cold, bundle up... if it's raining, eating lunch by a window will do)

*Did you do this? Where did you eat?*



## DAY 12

TUESDAY, APRIL 22

\*\*

Do something for Mother Nature in honor of Earth Day (hashtag #Tastemaker and #Earthday in your photo)

*Did you do this? What did you do?*

## DAY 13

WEDNESDAY, APRIL 23

\*\*

Use an ingredient in tacos you don't normally see (need a recipe? try the Sweet Chickpea Tacos on Pg.103 of The SD)

*Did you do this? What did you use?*



**SPRING QUICHE**  
Part of the Recipe Bundle

## DAY 14

THURSDAY, APRIL 24

\*\*

**Remove whatever isn't serving you in the kitchen** (this could be jam, beer or even kitchen tools)

*Did you do this? What did you remove?*



# DAY 15

FRIDAY, APRIL 25

\*\*\*

**Cook a meal for a friend** or multiple friends. Go all out on this one and make it fun! (post pictures and hashtag #Seasonaldiet)

*Did you do this? What did you make?*

# DAY 16

SATURDAY, APRIL 26

\*\*\*

Create your very own seasonal, gluten-free, plant-based recipe for dinner!

*Did you do this? What did you make? How did it turn out?*

# DAY 17

SUNDAY, APRIL 27

\*\*\*

Take a trip to your local farmers market (what seasonal ingredients are standing out to you?)

*Did you do this? What did you buy?*



**MATCHA LATTE**  
Get it in the Recipe Bundle!

# DAY 18

MONDAY, APRIL 28

\*\*\*

**Make salad your main entrée for dinner tonight!** (make it filling by adding beans, grains and/or nuts)

*Did you do this? What did you add to your salad to make it heartier?*

# DAY 19

TUESDAY, APRIL 29

\*\*\*

Have a green juice for breakfast before work (if you don't have a juicer, stop by a health food store or juice bar)

*Did you do this? Did you make yours or pick it up somewhere?*

# DAY 20

WEDNESDAY, APRIL 30

\*\*\*

Make collard wraps. Stuff them with your favorite ingredients (the California Collard Wraps, Pg.97 in The SD, are really delicious!)

*Did you do this? What did you think of the wraps?*

# DAY 21

THURSDAY, MAY 1

\*\*\*

**Make homemade Beet Chips!** (great recipe for these on Pg.92 of The SD. Make the dip as well, it's awesome!)

*Did you do this? How do you like the beet chips?*