

Nourish



MARCH Eating for energy and vitality

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Create a menu of nourishing meals for the week. Visit eatingwell.com for ideas.	2 Keep a food journal to track what you eat this week.	3 Pay attention to what's in your food and portion sizes today.	4 Pack or make a balanced lunch with some lean protein and fresh fruits and veggies.	5 Thrive Thursday! Eat a nourishing breakfast that will give you energy.	6 Check your kitchen for foods with added sugars – and how much is in each.	7 Try a new healthy recipe. Find inspiration on kp.org/gokp .
8 Journal prompt: Reflect on your eating habits. What could you improve?	9 Water challenge: This week sub sugary/diet drinks for plain or sparkling water.	10 Brew a pitcher of herbal iced tea instead of soda or sugary coffee/energy drinks.	11 Keep a reusable water bottle at your workstation if possible.	12 Thrive Thursday! Keep track of how many cups of water you drink today.	13 Make spa water by adding fresh mint, cucumbers, or lemon slices to a pitcher of water.	14 Drink a glass of water first thing in the morning, before your coffee/tea.
15 Journal prompt: What is the connection between your food and mood?	16 Mindful eating challenge: This week listen closely to what your body needs.	17 Eat a meal mindfully, without any distractions (including your phone).	18 Eat only when you are truly hungry today, not out of stress or boredom.	19 Thrive Thursday! Take a true lunch break if possible and focus on your food.	20 Avoid overeating today. Stop eating when you are full, not stuffed.	21 Enjoy your food. Cook a beautiful healthy meal and take pleasure in eating each bite.
22 Journal prompt: What foods give you energy and what slows you down?	23 Produce challenge: This week aim for 5+ servings of fruits & veggies a day.	24 Enjoy a salad today, either as an entrée or side.	25 Grill, roast, or sauté some fresh vegetables.	26 Thrive Thursday! Have veggies and/or fruits as part of a healthy snack.	27 Prepare a whole food, plant-based meal today.	28 Try a new fruit or vegetable (or one you haven't had in a long time) this weekend.
29 Journal prompt: What are the benefits you notice when you eat well?	30 Share a favorite healthy cultural dish recipe with coworkers.	31 Share a success from this month. Scan the QR code to share.	<p>Scan the QR code at the end of the month to share a highlight!</p> 			