

# ZK 30 DAY

## Quick tips and strategies for a healthier you!

Customize our ZK 30 Day plan to fit your goals. Grab a friend and create your own personal challenge. We recommend trying to check off at least three per week!

<b>DAY 1</b> <input type="checkbox"/> Drink at least 6–8 cups of water	<b>DAY 2</b> <input type="checkbox"/> Eat a healthy meal <i>Try our Cauliflower Rice Bowl with Harissa Salmon.</i>	<b>DAY 3</b> <input type="checkbox"/> Take a 20-minute walk	<b>DAY 4</b> <input type="checkbox"/> Be a vegetarian for a day <i>Enjoy our Quinoa Salad!</i>	<b>DAY 5</b> <input type="checkbox"/> Get 8 hours of sleep	<b>DAY 6</b> <input type="checkbox"/> Eat a piece of fruit instead of dessert	<b>DAY 7</b> <input type="checkbox"/> <b>CHEAT DAY!</b> <i>We recommend YaYa's Homemade Chocolate Cake.</i>
<b>DAY 8</b> <input type="checkbox"/> Create a new evening routine	<b>DAY 9</b> <input type="checkbox"/> Tackle one thing you've been putting off	<b>DAY 10</b> <input type="checkbox"/> Have a healthy snack <i>Our Modern Mediterranean Snack Box is perfect!</i>	<b>DAY 11</b> <input type="checkbox"/> Eat breakfast today	<b>DAY 12</b> <input type="checkbox"/> Perform a random act of kindness <i>Treat a friend to lunch at Zoës Kitchen.</i>	<b>DAY 13</b> <input type="checkbox"/> Create 3 goals for the day	<b>DAY 14</b> <input type="checkbox"/> Refrain from social media <i>Bring the family to Zoës for dinner instead.</i>
<b>DAY 15</b> <input type="checkbox"/> Clean out your email inbox	<b>DAY 16</b> <input type="checkbox"/> Express gratitude to a stranger <i>Thank them with a Zoës gift card!</i>	<b>DAY 17</b> <input type="checkbox"/> Learn something new today	<b>DAY 18</b> <input type="checkbox"/> Take a 10-minute break from your desk	<b>DAY 19</b> <input type="checkbox"/> Try a day of no carbs <i>Enjoy our classic Chicken Kabobs and a side Greek Salad.</i>	<b>DAY 20</b> <input type="checkbox"/> Conquer something you're afraid of	<b>DAY 21</b> <input type="checkbox"/> Snack on almonds or mixed nuts
<b>DAY 22</b> <input type="checkbox"/> Eat a balanced meal <i>Try our Chicken Salad and Fruit Plate.</i>	<b>DAY 23</b> <input type="checkbox"/> Read a book instead of watching tv	<b>DAY 24</b> <input type="checkbox"/> Eat Gluten Free today <i>We suggest our Mediterranean Chicken with Marinated Slaw!</i>	<b>DAY 25</b> <input type="checkbox"/> Schedule your yearly physical	<b>DAY 26</b> <input type="checkbox"/> Eat more protein <i>Add Steak Kabobs to your salad.</i>	<b>DAY 27</b> <input type="checkbox"/> Make a morning schedule	<b>DAY 28</b> <input type="checkbox"/> <b>CHEAT DAY!</b> <i>Our Zesty Lemon Cookies are yummy!</i>
<b>DAY 29</b> <input type="checkbox"/> Stand more, sit less	<b>DAY 30</b> <input type="checkbox"/> Have dinner before 8 p.m. <i>Order ahead and pick up Zoës on your way home!</i>					