**My 30-day Challenge March 1-March 30**

My 30-day challenge is to drink only healthy smoothie for breakfast. The reason why I chose to take this challenge is because I have been eating big unhealthy food every morning. My daily breakfast consists of fried rice, fried spam and everything fried. Other unhealthy food I love to eat in the morning is sweet yummy pastries. Instead of eating unhealthily, I will be drinking smoothie. The smoothie is full of nutrients and flavors. They are essential part of healthy diet, as they provide power-packed start for the day. A lot of protein along with many nutrients subdue food cravings and keep me away from junk food. In my smoothie, I will be adding Chia seeds because they are rich in antioxidants, which may help protect against disease and support overall health. On some days, I will be adding protein powder so that it will fulfill my daily protein intake. The healthiest smoothie is adding vegetables, as they are packed with great sources of minerals and vitamins. Therefore, it is the best way to detox. My goal is to stay healthy and I hope will I continue after my 30-day challenge is done.

 **My 30-day challenge result**

When I started my 30-day challenge, I was very actually excited to go shopping for my smoothie ingredients. The first few days was okay, but it is kind of hard because I was used to eating anything and every in the morning. However, I decided to reward myself to have cheat days on weekend. On the second week, I started feeling energized and I felt like I lost a few pounds. By the third week, I was motivated and knew I can last for 30 days. Then Pandemic COVID-19 hit the world. I stayed home, cooked breakfast for my family and enjoyed their company. It has been a while since I had a relaxing, no rush weekday breakfast with my family. The next few days was the same routine. I kind of fell of the wagon. I honestly did not make it to the 30 day challenge that I was hoping to achieve. Although, I did not accomplish my goal, there was a positive outcome because I decided to continue with the smoothie breakfast. Thank you, Dr. Anderson for letting your students challenge themselves for 30-days 😊

