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VFJ Alternative Challenges

14 Day Feel-good Foodie Fix

Brighten your plate, one
swap at a time.

Feel-good Foodie Fix

Try colourful meals, eat the rainbow, explore new ingredients or simple healthy swaps.

ADD ONE EXTRA COLOUR TO YOUR PLATE TODAY - FRUIT, VEG OR HERBS.

ADD HERBS OR SPICES TO BRING FLAVOUR WITHOUT SALT OR SUGAR.

ADD FERMENTED FOOD TO ONE MEAL (E.G. YOGHURT, KEFIR, SAUERKRAUT, MISO).

TRY SOMETHING WARM AND SOOTHING LIKE HERBAL TEA, BROTH, WARM TURMERIC MILK.

MAKE ONE MEAL EXTRA COLOURFUL - AIM FOR AT LEAST 3 COLOURS ON YOUR PLATE.

ADD SOME CRUNCH! TOSS SEEDS, NUTS OR CRISPY VEG ON YOUR MEAL.

TRY A NEW WAY OF COOKING AN ITEM - ROASTED CHICKPEAS, GRILLED PEACHES, BAKED BROCCOLI.

CREATE A FUN FRUIT SNACK - APPLE & NUT BUTTER, MELON & A SPRINKLE OF CHILLI & LIME, DIY FRUIT SORBET.

PLAN A NO-COOK MEAL - YOGURT BOWL, RAINBOW SALAD, CAPRESE STACK.

EAT THE RAINBOW: CAN YOU TICK OFF 5 DIFFERENT COLOURS TODAY?

EAT A MEAL SLOWLY AND WITHOUT DISTRACTIONS

BOOST YOUR BREAKFAST! ADD FRUIT, FIBRE, PROTEIN OR SOMETHING NEW.

TRY ONE PLANT-BASED SWAP - LIKE BEANS INSTEAD OF MEAT OR OAT MILK IN TEA.

MAKE A MINI FOOD BOARD - A PICNIC PLATE WITH A MIX OF TEXTURES AND COLOURS.





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Each day has a small, focused and themed task to complete.

Take what works, adapt or skip the rest, or make your own.

You can follow it alone or alongside the main challenge.

No logging, scoring, or tracking needed; show up when you can.

All prompts are short, low-effort, easy to do and should be fun.

Use the tick sheet if you prefer to complete tasks in any order.

How To...



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Flexible and
easy to follow

No equipment
or special prep

Supports mental
wellbeing

Boosts lifestyle
balance

Easy to dip in &
out when needed

Designed to fit
around real life

Keeps life varied
& engaging

Designed to build
helpful habits

Can be done with
other challenges

Helps improve your
general mood

Offers structure
without pressure

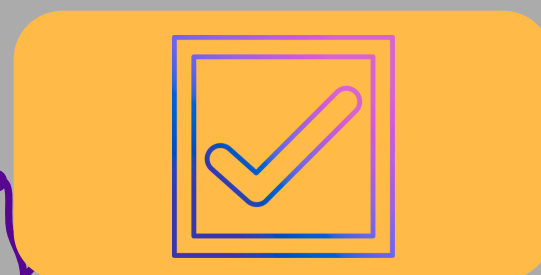
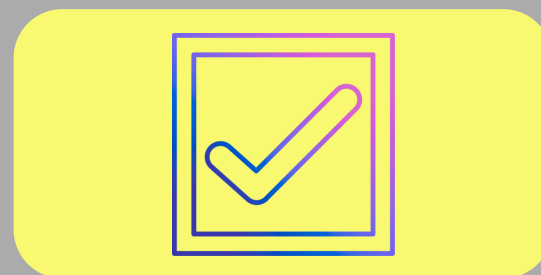
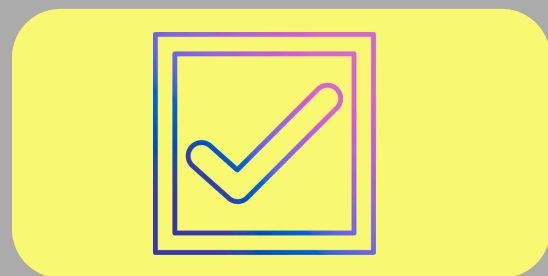
Makes healthy habits
feel more achievable

Helps you feel in
control of your day

Helps you feel in
control of your day

Benefits

CHECK *List*





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DAY 1

Add one extra colour to your plate today - fruit, veg or herbs.

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DAY 2

Add herbs or spices to bring flavour without salt or sugar.

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DAY 3

Add fermented food to one meal (e.g. yoghurt, kefir, sauerkraut, miso).

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DAY 4

Try something warm and soothing like herbal tea, broth, warm turmeric milk.

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DAY 5

Make one meal extra colourful - aim for at least 3 colours on your plate.

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DAY 6

Add some crunch! Toss seeds, nuts or crispy veg on your meal.

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DAY 7

Try a new way of cooking an item - roasted chickpeas, grilled peaches, baked broccoli.

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DAY 8

Create a fun fruit snack - apple & nut butter, melon & a sprinkle of chilli & lime, DIY fruit sorbet.

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DAY 9

Plan a no-cook meal - yogurt bowl, rainbow salad, caprese stack.

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DAY 10

Eat the rainbow: can you tick off 5 different colours today?

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DAY 11

Eat a meal slowly and without distractions.

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DAY 12

Boost your breakfast! Add fruit, fibre, protein or something new.

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DAY 13

Try one plant-based swap -
like beans instead of meat or
oat milk in tea.

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DAY 14

Make a mini food board - a picnic plate with a mix of textures and colours.

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WEL DONE

Feel-good Foodie finished.
Keep the colour going.

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