

A How to Guide:

Add More Fruits and Vegetables into Daily Meals

Breakfast

Eggs are vegetables best friend! Add colorful veggies like broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

Breakfast smoothies are easy and quick to make!

Add a base like: water, reduced or low-fat milk, almond milk, coconut water, organic fruit juices, fresh squeezed juice, and tea.

Add the following fruits and vegetables: strawberries, pineapple, banana, mango, spinach, and kale.

Quick recipe:

Ingredients: 1 cup of reduced or low-fat milk, add a whole banana and a handful of frozen strawberries.

Directions: Blend together until the fruits and milk have been completely blended.



Lunch

It can be easy to incorporate fruits and vegetables into lunch, you can toss a salad together with any toppings you like, add both fruits and vegetables to the salad for an extra yum factor.

Healthy Pizza? Is there such a thing?! Yes there is! You can add more vegetables to your diet by making a delicious healthy pizza.



Quick recipe:

Ingredients: Pita Bread (for the crust), handful of low-fat mozzarella cheese, olive oil, minced garlic, toppings like tomatoes, onions, bell peppers, spinach, pineapple, or any healthy topping you see fit.

Directions: Brush the olive oil and minced garlic on the pita bread, add the cheese and topping. Bake for 15 minutes or until cheese is melted and bread is golden.

Dinner

Healthy Burgers? Yes, with fries too! You can add more vegetables to something as simple like a burger and fries.



Quick Recipe

Ingredients: 3oz 80/20 ground beef, ½ oz Swiss cheese, 50 calorie bread, toppings like spinach, sprouts, tomato, pickle, onions and avocado. For the carrot fries: 16 oz bag of carrots, olive oil, cayenne pepper, chili powder, garlic powder, paprika, and salt.

Directions: Shape meat into a patty. Season with salt and pepper, heat frying pan and spray with cooking spray, pan fry the burger until desired state, top with cheese. Pile with the toppings and enjoy. For the carrot fries: Preheat oven to 400 degrees F. Slice carrots into fries and toss with olive oil. Sprinkle with all the seasonings. Bake for 10 minutes. Toss around and bake until done.



Snacks

There are plenty of ways to include fruits and vegetable into everyday snacks. Check out the list below:

- ♦ Baked kale or beet chips
- ♦ Vegetables and Hummus
- ♦ Apples and peanut butter
- ♦ Guacamole with baked chips
- ♦ Edamame

Quick Recipe

Fruit Parfait

Ingredients: Greek yogurt of your choice, fruits like strawberries, blueberries, raspberries, pineapple, or any fruit you wish to add, granola

Directions: Layer yogurt and fruit into different sections, top with the granola and enjoy!

