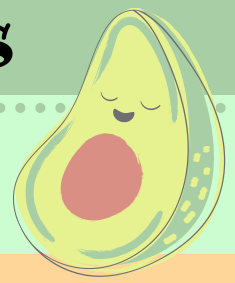


Ways to Add Veggies

Breakfast



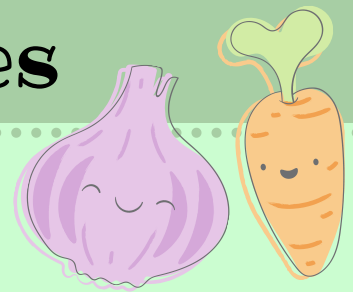
Dish	Veggies or Fruit	Protein	Starch
Savory Toast	Arugula, Bell Pepper, Cucumber, Kale, Onion, Tomato, Avocado, Basil, Pea Sprouts	Hummus, Egg, Turkey Bacon, Turkey, Salmon	Bread, English Muffin, Bagel
Sweet Toast	Fruit: Banana, Berries, Pomegranate	Peanut Butter, Seeds, Nuts, Cottage Cheese	Bread, English Muffin, Bagel, Crumpet
Omelet or Frittata	Bell Pepper, Broccoli, Choy Sum, Spinach, Mushroom, Onion, Tomato, Zucchini	Egg, Turkey Bacon, Chicken Sausage	
Savory Oatmeal	Avocado, Arugula, Beets, Brussels Sprouts, Mushroom, Pea Sprouts, Tomato	Egg, Turkey Bacon, Chicken/Soy Sausage	
Sweet Oatmeal	Fruit: Apple, Banana, Berries, Dates, Kiwi, Mango, Pineapple, Pomegranate	Nuts (Almonds, Cashews, Pecans, Pistachios, Walnuts), Seeds (Chia, Pumpkin, Sunflower)	Steel Cut Oats, Old Fashioned Oats
Burrito, Quesadilla, & Wraps	Tomatoes, Onions, Jalapenos, Peppers, Lettuce, Spinach, Zucchini, Avocado	Chicken, Beans, Ground Turkey, Tofu, Shrimp	Tortilla, Beans, Corn
Smoothie or Smoothie Bowl	Spinach, Arugula, Avocado, Cucumber, Kale, Mint	Nut Butters, Greek Yogurt, Seeds (Chia), Nuts	Fruit, Acai





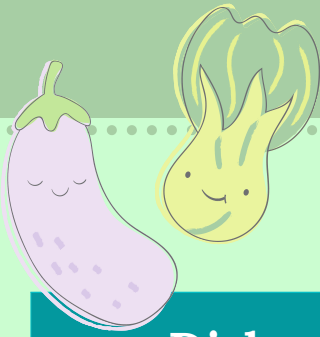
Ways to Add Veggies

Lunch & Dinner

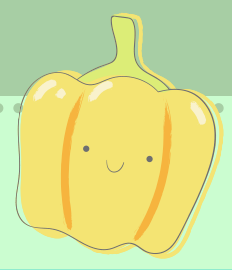


Dish	Veggies	Protein	Starch
Sandwich	Spinach, Lettuce, Kale, Cucumber, Onions, Tomato, Bell Pepper, Mushrooms, Radish, Sprouts	Chicken, Turkey, Tuna, Salmon, Egg, Hummus, Peanut or Almond Butter	Bread, English Muffin, Bagel
Rice or Quinoa Bowl	Bell Peppers, Beets, Bittermelon, Broccoli, Brussels Sprouts, Carrots, Cucumber, Green Beans, Kale, Lu'au Leaves, Onions, Eggplant, Mushroom, Tomatoes, Zucchini, Garlic	Fish, Tofu, Chicken, Seafood, Edamame, Egg, Beans, Nuts	Rice, Quinoa, Corn, Peas, Beans
Pasta	Spinach, Arugula, Broccoli, Zucchini, Bell Peppers, Tomatoes, Mushrooms, Onions, Garlic, Avocado	Chicken, Ground Turkey/Chicken, Turkey Bacon, Shrimp, Tofu, Nuts	Pasta of choice Tip: use olive oil, garlic, and herbs for sauce instead of pasta sauce
Noodles	Bok Choy, Bean Sprouts, Cabbage, Carrots, Choy Sum, Cucumber, Green Onion, Jalapeno, Mushroom, Onion, Spinach	Egg, Seafood, Chicken, Edamame, Natto, Tofu	Ramen Noodles, Udon, Soba Noodles, Somen Noodles
Sushi	Avocado, Cabbage, Carrots, Cucumber, Daikon, Ginger, Green Onion, Jalapeno, Pea Sprouts, Radish	Fish, Seafood, Egg, Natto, Tofu	Rice



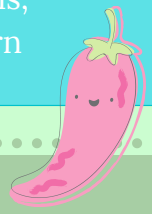


Ways to Add Veggies



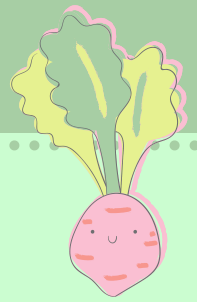
Lunch & Dinner

Dish	Veggies	Protein	Starch
Salad	Arugula, Brussels Sprouts, Kale, Spinach, Onions, Tomatoes, Bell Peppers, Beets, Broccoli, Carrots, Cucumber, Radish	Fish (Tuna, Salmon), Seafood (Shrimp), Chicken, Turkey, Egg, Beans, Lentils, Edamame, Hummus, Nuts, Seeds	*Add Fruits: Apple, Strawberries Grapes, Mango, Papaya, Pear, Orange, Blackberries, Cranberries
Curry	Bamboo Shoots, Bell Peppers, Broccoli, Carrots, Cauliflower, Eggplant, Green Beans, Mushroom, Onion, Snow Peas, Spinach, Zucchini, Basil, Cilantro, Jalapeno	Tofu, Chicken, Shrimp, Fish, Lentils, Beans, Nuts (Peanuts)	Rice, Rice Noodles, Potatoes
Stir-Fry	Bean Sprouts, Bell Pepper, Bittermelon, Broccoli, Carrots, Cauliflower, Green Beans, Lotus Root, Mushroom, Onions, Snow Peas, Zucchini	Tofu, Fish, Seafood, Chicken, Edamame, Nuts	Noodles, Rice
Homemade Pizza	Artichoke, Arugula, Broccoli, Olives, Onion, Mushroom, Peppers, Spinach, Zucchini, Garlic	Chicken, Turkey Bacon, Chicken/Turkey Sausage	Dough, Naan Bread, Cauliflower Crust
Tacos	Tomatoes, Onions, Jalapenos, Lettuce, Avocado, Cilantro	Ground Turkey, Fish, Shrimp, Chicken, Tofu, Cheese	Tortilla, Beans, Corn





Ways to Add Veggies



Lunch & Dinner

Dish	Veggies	Protein	Starch
Soup	Bean Sprout, Bittermelon, Cabbage, Carrot, Celery, Lotus Root, Lu'au Leaves, Mushroom, Okra, Onion, Pumpkin, Tomato, Watercress, Zucchini	Beans, Chicken, Soy, Tofu, Turkey	Beans, Corn, Noodles, Peas, Potato, Rice, Quinoa, Squash
Casserole	Artichoke, Asparagus, Bell Pepper, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celery, Eggplant, Green Beans, Mushroom, Onion, Spinach, Zucchini	Beans, Cheese, Chicken, Ground Turkey, Seafood, Tuna	Beans, Corn, Potato, Peas, Rice, Squash
Dumplings	Bok Choy, Cabbage, Carrots, Choy Sum, Onion, Peppers, Cilantro, Chives, Garlic, Green Onion	Chicken, Ground Chicken/Turkey, Shrimp	Dumpling Wrapper (Wheat, Rice)
Skewers	Artichoke, Bell Pepper, Brussels Sprouts, Eggplant, Mushroom, Onion, Zucchini	Chicken, Scallops, Shrimp, Tofu, Turkey Bacon	Corn, Potato, Rice, Squash
Baked Potato	Broccoli, Jalapeno, Onion, Mushroom, Spinach, Tomato, Avocado, Chives, Cilantro, Green Onion	Chicken, Turkey Bacon, Beans, Lentils, Tofu	Potato, Sweet Potato, Squash

