

# Habit Eat 5+ serving of veggies

Track your success for 14 consecutive days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

## SOME VEGETABLES TO TRY YOUR HAND AT

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| <ul style="list-style-type: none"><li>• Bell Peppers</li><li>• Broccoli</li><li>• Brussels Sprouts</li><li>• Cabbage (any variety)</li><li>• Cauliflower</li></ul> | <ul style="list-style-type: none"><li>• Cucumber</li><li>• Eggplant</li><li>• Green Beans</li><li>• Leafy Greens</li><li>• Mushrooms</li></ul> | <ul style="list-style-type: none"><li>• Onion</li><li>• Parsnips</li><li>• Sweet or Snow Peas</li><li>• Tomatoes</li><li>• Zucchini</li></ul> | <b>Post Workout Options</b> <ul style="list-style-type: none"><li>• Potato</li><li>• Pumpkin</li><li>• Squash</li><li>• Sweet Potato</li></ul> |
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## Veggie recipe ideas

01.

### RAW VEGGIES

Chop any peppers when you get home from the store – dip them in hummus or baba ganoush. Another idea is to make a salad with greens and chopped veggies.

02.

### STIR FRY

Chop peppers, onions and mushrooms. Heat a pan to medium and coat with coconut oil or butter. Toss in veggies and cook 5 - 10 minutes. Optional: Add spices and protein.

03.

### SKEWER AND GRILL

Cube veggies of choice and load on bamboo/metal skewers – optional add meat. Cook until just browned.

04.

### ADD TO A SHAKE

Add a handful of leafy greens to your morning shake. There are also great Greens products available if you're really struggling with this habit.