



EXERCISE: PLAN YOUR GREEN-FILLED MEALS

It's hard to know how to incorporate greens into every meal. Think about which greens you like to eat and write down different meal ideas. A few examples are given for you.

Breakfast:

Example: Omelet with fresh spinach, tomatoes, bell peppers and onions.

I would like to eat: _____

Lunch:

Example: Mixed baby greens salad with tomatoes, cucumber, purple onions and carrots along with a healthy meat protein, like grilled chicken.

I would like to eat: _____

Dinner:

Example: Steamed broccoli, cauliflower, carrots, pea pods and watercress with wilted mustard greens and fish.

I would like to eat: _____
