

TEN WAYS TO EAT MORE FRUITS AND VEGETABLES

HAVE A SALAD EVERYDAY FOR LUNCH & PACK IT IN A JAR FOR EASY TRANSPORT



PLACE VEGGIE STICKS ON YOUR KITCHEN TABLE: CARROTS, CELERY, CUCUMBERS RED PEPPERS



START THE DAY WITH A GREEN SMOOTHIE

START WITH PLANTS WHEN PLANNING YOUR MEALS — THEN FILL IN THE REST

ADD VEGGIES TO NON-VEGGIES DISHES – SPINACH IN MEATBALLS, RADISHES IN TUNAFISH, CARROTS AND CAULIFLOWER IN LENTILS



BRIDGE THE GAP WITH *JUICE PLUS

HAVE FRESH FRUIT FOR YOUR AFTERNOON SNACK

TOP YOUR TOAST WITH AVOCADO, TOMATOES, OR BANANA AND ALMOND BUTTER

MAKE ICE CREAM OUT OF FROZEN BERRIES.



***TAKE CONTROL OF YOUR FUTURE ONE DOABLE CHANGE AND ONE MEAL AT A TIME... CONTACT THE PERSON WHO GAVE THIS SHEET TO YOU TO LEARN ABOUT JUICE PLUS.

KEEP YOUR FRUIT BOWL FILLED AND ON A CLEAR COUNTER