serve veggies
at lunch and dinner

Steam fresh broccoli - top with shredded Parmesan cheese, or lemon juice.

stir together shredded cabbage ith low fat Ranch salad dressing.

- combine chopped broccoli, d tomatoes with low fat ressing.

ad of chopped lettuce with cumbers, broccoli or cauliflower.

ato or squash.

egetable.

rozen broccoli, cauliflower, or corn. Pour out what you need return the rest to the freezer.

f carrot slices, green beans, orn or spinach.

little more:

erries

es or raspberries

or grape tomatoes

watermelon chunks

a slices

slices

tables add color to your plate - **ery bite counts!**

neal with fruit:

f applesauce or sliced apples

nned peaches, pears or apricots

fruit with a scoop of yogurt

oose peaches, pears, mandarin anges and mixed fruit canned in juice or water instead of syrup.

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make half your plate

fruits and vegetables

it's easier than you think

cook dishes with vegetables

- **Beef Stir Fry** - with broccoli, carrots, pea pods or pepper strips.
- **Chicken Casserole** - with peas, carrots, corn or green beans.
- **Spaghetti or Lasagna** - with tomato sauce.
- **Beef Veggie Soup** - with carrots, peas and tomatoes.
- **Chicken Enchiladas, Quesadillas or Tacos** - served with chopped lettuce, tomatoes, peppers and salsa.

Add more veggies to your dish.
Broccoli, carrots and spinach are easy to chop and add to:
Spaghetti sauce, lasagna
Meatloaf and meatballs
Rice and noodle dishes
Soups and chili

make a salad your meal

1. Chop dark green leafy lettuce or romaine lettuce.
2. Toss in colorful fruits and vegetables.
3. Add cooked ham, turkey, chicken or beans.
4. Top with a low fat salad dressing.

Serve a Grilled Chicken salad.

add veggies to your sandwich or taco

- chopped dark green leafy lettuce, romaine or spinach
- tomato, pepper or red onion slices
- shredded carrots or cabbage
- slice of avocado
- fresh cilantro or basil

Eat colorful fruits and vegetables.

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