

## TOP 10 TIPS TO EAT MORE VEGGIES

Let's start with breakfast and work our way up to dessert! This is not an exhaustive list but made to get you thinking of some ideas:

1. **BREAKFAST**- Pre-cut your veggies and put them in baggies or containers so that you can; throw them in the blender (put cut-up fruit and other blender ingredients together in the baggie to make it even easier) for a **Morning Smoothie**, add them to your juicer along with some lemon/orange and an apple for a **Healthy Juice**, make an **On-the-go Veggie Omelet** by throwing in two scrambled eggs with the veggies in a bowl, microwaving for 1 1/2 min on High, stirring, and cooking for an additional 30 seconds. Make a bowl of **Miso Soup** with vegetables. Or make a batch of **Carrot-Zucchini Muffins**, halve the sugar, and double the veggies!
2. **LUNCH** - Load **Sandwiches** up with; avocado, spring mix, pickles, onion, tomatoes, fresh herbs, artichokes, roasted peppers, sliced cucumbers, bell pepper rings, sprouts, leftover roasted veggies, and hummus. Make a big **Buddha Bowl**. Have a **Salad** instead of fries or chips.
3. **SNACKS** - **Veggies and Dip**; choose hummus, guacamole, pico de gallo, or Greek yogurt dip. Whip up a batch of **Roasted Kale Chips** or **Spiced Chick Peas**.
4. **DINNER** - Keep it simple: make a big thing of **Roasted Root Vegetables**, blanch a huge pot of **Green Veggies**, grill a big plate of **Colorful Grilled Veggies** or **Kebabs**, or make a **Big Salad**. Try a Meatless Monday and go with an all veggie meal like **Veggie Chili**, **Veggie Soup**, **Lentil Stew**, **Chunky Garden Veg Marinara w Spaghetti Squash**, **Veggie Pizza**, **Beans Greens and Grains**, **Veggie Tacos**, or a fun **Stir Fry**!
5. **DESSERT** - All I have to say is **Pumpkin Pie/Sweet Potato Pie**, and **Carrot Cake**.
6. **FURTHER TIPS** - Try a different vegetable each time you are at the grocery store!
7. **GREENS** - Don't leave the store without them (and don't forget the snacking veggies)!
8. **GET A VEGGIE COOKBOOK** - Buy a vegetable cookbook (vegan and vegetarians really know how to make vegetables taste awesome!) and use it to start. Then, add grilled chicken/steak/fish as a side (3oz is a serving of meat), making it a truly plant-based meal whether or not you are a vegetarian or a meat eater.
9. **PLAN** - Make a healthy menu and grocery list and you're ahead of the game!
10. **JUST DO IT** - You may know these tips but are you doing them? Pick 1 or 2 tips/ideas that you can start adding in and eat those veggies. You can do it! :)

Visit the website below for more info or to schedule a Sacred Self Care Session or Coaching call!

Love and Blessings,  
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