

WEEK 2

VEGGIES: THE CORNERSTONE OF EVERY MEAL



Flip your perspective on vegetables. Rather than just putting a serving on your plate to check off a daily nutritional box, why not make vegetables the foundation of every meal? They are extremely low in calories; high in vitamins, minerals, and fiber; and low in price, being some of the least expensive foods in the grocery store. A pound of most fresh vegetables can be bought for \$1-2! Your wallet and your waist will thank you.

This week, fill half your plate at each meal with vegetables. No weighing or measuring necessary. If you are still hungry when your plate is empty, keep eating! Just be sure any second servings include the same proportion of vegetables—or MORE—as the first servings. *Remember, the name of the game is "pure," so try to avoid canned foods since most are preserved with large amounts of sodium. Frozen vegetables (without sauces) are a great option since they are flash frozen at the peak of their freshness.

FOR IMPROVED WEIGHT MANAGEMENT

- ✧ Use vegetables as a lower-calorie foundation for your meal. Replace white rice with cauliflower rice, and swap out pasta noodles for either zucchini noodles or spaghetti squash.
- ✧ Beware of how you flavor your vegetables, and avoid added butter, sauces, and gravies. Check out Week 5 for some great flavoring ideas!



YOU DON'T HAVE TO COOK FANCY OR COMPLICATED
MASTERPIECES—JUST GOOD FOOD FROM FRESH INGREDIENTS.
-JULIA CHILDS-