



HEALTH AND WELLBEING CHECKLIST

Date

1

Adding Variety to Your Diet

A varied diet provides a broader range of nutrients and keeps meals exciting. Use this checklist to diversify your food choices.

Try a New Recipe Weekly

- Explore dishes from different cuisines or cooking methods to expand your palate.
- Example: Make a Mediterranean quinoa salad or an Indian lentil curry.



Rotate Fruits and Vegetables

- Choose different seasonal produce each week to keep meals fresh and nutrient-dense.
- Tip: Incorporate lesser-known vegetables like kohlrabi or rainbow chard for variety.



Incorporate Whole Grains

- Experiment with grains like farro, millet, or barley to replace standard rice or pasta.
- Tip: Use whole grains as a base for salads, soups, or breakfast bowls.



Switch Up Protein Sources

- Alternate between chicken, fish, tofu, legumes, eggs, and plant-based options.
- Example: Try black bean tacos one night and baked salmon with dill the next.



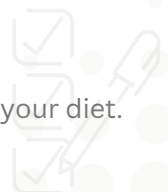
Use Fresh Herbs and Spices

- Enhance flavour with basil, cilantro, cumin, paprika, or other fresh herbs and spices.
- Tip: Grow a small herb garden at home for easy access to fresh, flavoursome additions.



Try Plant-Based Meals

- Dedicate one day a week to vegetarian or vegan meals to incorporate more plants into your diet.
- Example: Make a chickpea and spinach curry or a hearty vegetable stir-fry.



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Include Fermented Foods

- Add probiotics with yoghurt, kimchi, sauerkraut, or pickles for gut health.
- Tip: Use fermented foods as toppings or side dishes to complement main meals.



Explore International Ingredients

- Experiment with foods like miso, tahini, za'atar, or harissa to add unique flavours.
- Tip: Research recipes that feature these ingredients to learn how to use them effectively.



Opt for Colourful Plates

- Aim for a mix of colours with every meal to ensure a variety of nutrients.
- Example: Add red peppers, purple cabbage, and yellow squash to a mixed veggie stir-fry.



Shop at Local Markets

- Discover unique and fresh items by visiting farmers' markets or specialty shops.
- Tip: Talk to vendors for tips on how to prepare or cook unusual produce.



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