



HEALTH AND WELLBEING CHECKLIST

Date

31

Incorporating More Veggies

Adding more vegetables to your diet improves nutrition and overall health. Use this checklist to make veggies a regular part of your meals.

Add Veggies to Breakfast

- Include spinach, tomatoes, or peppers in omelettes or smoothies.
- Keep Prepped Veggies Ready



Wash and chop vegetables ahead of time for convenience.

- Example: Carrot sticks, celery, or sliced bell peppers.
- Make Salads Interesting



Use a mix of greens, colourful veggies, nuts, and seeds.

- Example: Add roasted sweet potatoes or avocado for variety.
- Sneak Veggies into Sauces



Blend carrots, zucchini, or spinach into pasta sauce or soups.

- Choose Veggie Snacks
- Replace chips or crackers with fresh vegetable options.



Example: Pair cucumber slices with hummus.

- Use Veggies as Sides
- Replace starchy sides like fries with roasted or steamed vegetables.



Experiment with Meatless Meals

- Make vegetables the star of the dish.
- Example: Stir-fried veggies with tofu or a veggie-packed curry.



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Try New Cooking Methods

- Roast, grill, or sauté vegetables to enhance their flavour.
- Tip: Add spices like paprika or garlic for extra taste.



Incorporate Veggies into Grains

- Add peas, mushrooms, or spinach to rice or quinoa dishes.



Explore Seasonal Produce

- Choose fresh, in-season vegetables for better taste and affordability.



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