
WELL FED DAILY

OVERCOMING HOLIDAY CRAVINGS

ONE DAY AT A TIME

Vegetable Recipes

The foundation of health -- of life -- our roots.

Loaded with more nutrients than any other food group, vegetables are an essential part of our health. Later we will talk about meal structure but for now it is important to work on increasing our vegetable consumption. You should strive to achieve 8-15 servings per day. Unfortunately, fruits and vegetables are not equivalent and fruits do not fall into the same nutrient dense category as vegetables. However, the key to this is that you should enjoy the vegetables that you eat. You should look forward to the taste and texture and desire to eat them.

Unfortunately their taste gets a bad rap and they are less desirable for many of you. This is why I challenge you to look up at least three different vegetable recipes that spark an interest in your palate. A bonus would be to actually prepare and cook a recipe you looked up. Why not just go ahead and plan them into your weeknight meals? If you plan for vegetables, you buy them, and your chances of cooking them go way up. Take a risk, try something new, you may find out you actually enjoy them.

Meal Planning

DAY:

Main Dish:

Vegetable Choice:

DAY:

Main Dish:

Vegetable Choice:

DAY:

Main Dish:

Vegetable Choice:

DAY:

Main Dish:

Vegetable Choice:

DAY:

Main Dish:

Vegetable Choice:

DAY:

Main Dish:

Vegetable Choice:

RECIPE ROUND-UP

Roasted Sweet Potatoes and Mushrooms



Smoky Cauliflower



Shaved Brussels Sprouts Salad



Twice Baked Spaghetti Squash with Pesto and Parmesan



***Click on the recipe title to go to see the full recipe.*

May this give you inspiration!