### Overload omelets with mushrooms, peppers, onions, tomatoes, carrots, and broccoli

### Wrap up leftover roasted veggies and hummus for a yummy plant-based snack

### Warm up on a cold day with loaded veggie soup or chili

### Make a veggie quesadilla! Sauté bell peppers, mushrooms and onions + cheese. Done.

### Stack colorful veggies like red onion, bell peppers, and mushrooms on a kabob

### Try a grilled cheese with spinach, sundried tomatoes, and fresh pesto

### Top off your breakfast (oatmeal, yogurt, or waffles) with berries

### Mix zucchini, squash, onions, or spinach into meatloaf or casseroles

### Zoodles... need we say more?

### Pack your breakfast smoothie with berries, spinach, bananas and almond milk

### Crunch on nuts, seeds, and dried fruits between meals

### Revamp your salad plate by adding fresh ingredients with different colored veggies.

### Get saucy with pureed apples, berries, or peaches to top off grilled fish or chicken

### Wrap a banana and nut butter in a thin tortilla and cut like sushi

### Load up baked potatoes with broccoli, beans, salsa, and caramelized onions

### Swap chicken or beef with Portobello mushrooms in gyros, burgers, tacos, and more!

### Everything-but-the-kitchen-sink frittata! Most leftovers can find their way into this breakfast dish.

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### Cauliflower all the things! Cauliflower pizza, cauliflower rice, cauliflower mashed potatoes

### Grill fruit for dessert! Try favorites like pineapple slices or peaches

### Boost stir-fries with fresh colorful veggies like bell peppers and onions

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### eat more fruits & vegetables

### Top avocado toast with grape tomatoes, arugula, red onion, and herbs

### Sub half of ground meat with lentils in recipes like meatballs and tacos

### Add color to pasta dishes with cherry tomatoes, purple onions and kale

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### Boost stir-fries with fresh colorful veggies like bell peppers and onions.