



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

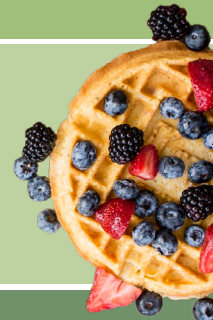


Stack colorful veggies like red onion, bell peppers, and mushrooms on a kabob

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



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



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



Add fruits and veggies to bulk up your sandwich. Try cucumbers, tomatoes, or even pineapple slices

Top pizza with broccoli, spinach, green peppers, or mushrooms



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

eat more fruits & vegetables

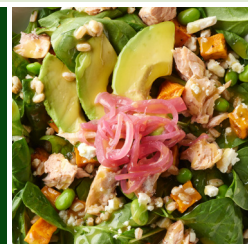
Load up baked potatoes with broccoli, beans, salsa, and caramelized onions

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



Try out a new nut or seed butter: almond, cashew, sunflower seed, pumpkin seed, watermelon seed...



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

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.

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



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



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



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