



21-Day Veggie Power Challenge

Congratulations on taking up the challenge of eating an extra serving of vegetables at each meal!
To help you reach your goal, here is a 21-day planner.

Mon

Day 1: Add a side of sautéed spinach or peas to your dinner

Tue

Day 2: Start your day with a green smoothie.

Wed

Day 3: Have a salad full of fresh vegetables with lunch

Thu

Day 4: Make a stir-fry with lots of veggies for dinner

Fri

Day 5: Make a veggie omelet for breakfast

Sat

Day 6: Enjoy a bowl of vegetable soup for lunch

Sun

Day 7: Roast some veggies for dinner

Day 8: Have a veggie burger for lunch

Day 9: Make a veggie wrap for dinner.

Day 10: Enjoy a veggie-filled smoothie for breakfast

Day 11: Have a salad full of fresh vegetables with lunch

Day 12: Make a stir-fry with lots of veggies for dinner

Day 13: Have a vegetable pizza for dinner

Day 14: Start your day with a vegetable juice

Day 15: Have a vegetable quesadilla for lunch

Day 16: Make a veggie-filled omelet for dinner

Day 17: Enjoy a veggie-filled smoothie for breakfast

Day 18: Have a veggie wrap for lunch

Day 19: Make a vegetable pasta dish for dinner

Day 20: Have a bowl of vegetable soup for lunch

Day 21: Make a veggie stir-fry for dinner

