

# 30-Day Veggie Challenge



With a variety of vibrant colours, rich flavours, delightful textures, tons of nutrients, and naturally fewer calories, **vegetables are nature's most well-balanced food.**

Make veggies an easier, more enticing choice for your meals! Use this list of tips and try out new, tasty recipes to add more veggies to your day.

When you're ready to start your challenge, your mission is simple: Aim to **add an extra non-starchy veggie to one meal each day** for 30 days in a row. Missed a day? Don't sweat it. Just try it as often as you can to build a habit and nourish your body.

Ready for a delicious challenge? Let's eat!



Check off all the days when you ate one extra veggie than you normally would. Click the squares on the left side of each day, or print this out and fill them in by hand.



1

Not sure exactly what a non-starchy vegetable is? Check out a quick **non-starchy veggie list**. There are so many appetizing options to choose from!



2

You know vegetables are good for you, sure. But what exactly do they do? Learn **how non-starchy veggies help your body**.



3

This challenge is all about eating one extra non-starchy vegetable each day. Already eating a vegetable with dinner? Great! **Double your dinner veggie helping tonight**. You'll get more fibre and nutrients, and you'll reach your challenge goal.



4

Save money and time with a quick **healthy vegetarian wrap recipe**. It's a delight for your taste buds and your wallet.



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Most people eat the same kind of things each day. So hack your usual routine. Here are some simple tips to **add veggies to your everyday meals**.



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Veggies are naturally healthy, but slathering them with high-calorie, high-sodium sauces and dressings can defeat the purpose. Dress up your veggies with low-calorie, low-salt options like vinaigrettes, lemon juice, flavourful herbs, or a teaspoon of rich extra-virgin olive oil.

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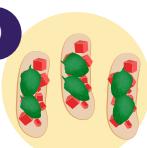
Who has the time to plan for veggie-packed meals? Everyone! Here are some **easy veggie options for a busy life.**

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When you're dining out, try ordering a dish that already comes with lots of vegetables. Or if you're craving something specific, **ask for an extra helping of veggies.** Your body will thank you!

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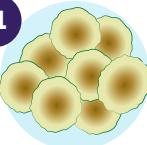
These **3 easy, fast veggie recipes** are healthy, tasty, and quick. Make your favourite and share it with the family.

10



**Breakfast hack:** Sneak in an extra serving of veggies with your usual breakfast foods. Sautéed spinach with your scrambled eggs, diced asparagus and tomato in your omelet, zucchini in your savoury oatmeal, any leftover veggies from dinner—the possibilities are endless!

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Always on the go? These **veggie snack options** are the perfect portable munchies.

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**Lunch hack:** It's easy to add more non-starchy veggies to your lunch menu. Try adding extra celery and carrots to a cup of soup, piling on more lettuce to your usual sandwich, or adding some sliced onion or tomato to your favourite salad.

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Comfort food doesn't have to be loaded with calories. These **2 easy non-starchy veggie recipes** are rich and filling—without any guilt.

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Want a healthier way to satisfy your cravings for **salty foods?** Skip the chips and fries. Celery with a couple of rinsed olives is a great lower-sodium snack.

15



You're halfway through the challenge! How many days were you able to eat an extra non-starchy veggie? Don't worry if it hasn't been every day; every extra veggie is a win! **Write down which tactics have worked for you so far**, and keep trying more!

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Pizza. Lasagna. Mac & cheese. You can level up your family favourites with an extra veggie each day. Here are some basic ideas for **balancing your family meals** with more vegetables.



17

Delight your **sweet tooth** with something that has more nutrients than cookies or candies. With delicious natural sugars and a vibrant pink colour, chilled beets are a guilt-free, nourishing sweet!



18

No one wants to eat moldy zucchini or wilted spinach. Use this handy **produce storage guide** to make sure you get your money's worth from your veggies. When you notice they're close to expiring, throw them in your blender and add to your favourite sauce at dinnertime!



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Need a **spicy snack**? Turn up the heat with a wholesome option: crisp, sliced jicama dusted with hot chili flakes.



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Tired of the same old broccoli or green beans? Branch out! Here's a **list of unique veggies** that might be new to you. Make double batches so you have leftovers for breakfast or lunch the next day, too.



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When you're in the mood for **something savoury**, non-starchy veggies are a perfect match. Carrot sticks with a little hummus will give you all those savoury flavours you crave.



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Improve upon a classic with our **roasted Brussels sprouts** recipe.



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Fresh organic produce can be expensive. Luckily, **frozen vegetables** are often picked at the height of freshness. They cost less, and come packed with just as many nutrients! Keep a stash on hand.



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Making a mouthwatering meal all comes down to how you cook it. Here are some of **the healthiest cooking options** for any meal, especially with your favourite non-starchy veggies.

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Vegetables sometimes get a bad rap as being "boring" food. **Rewrite that thought** and remind yourself that non-starchy veggies are **premium fuel for the body**. With vitamins, nutrients, fibre, and delicious flavours, vegetables are a big bang for your buck!



Want to make your eating habits even healthier? Make room for veggies and sidestep the treats with **3 easy tips**.



You can have as many non-starchy veggies as you want! When you're hungry and you want seconds, **load up with more veggies** before you go back for more carbs or proteins.



When you're ready, check out our gold standard for healthy eating. The **Balanced Plate** is a tried-and-true way to reduce calories and balance meals while still filling up on the best foods nature has to offer.



Finish this challenge strong. Try this soothing **mindful eating activity** with a non-starchy vegetable. This practice not only makes food more satisfying, but it can even relieve stress!



You made it to your last day of the challenge! How many days were you able to add an extra veggie? Look back and consider which tactics worked best for you to get that extra veggie helping. **Repeat those tactics** so you can keep treating your body to the nutrients it craves!