

# ▪ TRY FOR 5 ▪

## GET MORE VEG IN YOUR DAY



### VEG AND EGG

ADD DICED VEG TO SCRAMBLED EGGS OR AN OMELETTE. SERVE WITH ROCKET OR SPINACH AND EXTRA VIRGIN OLIVE OIL.



### SAUCES

GRATE CARROT, ZUCCHINI OR ADD LEGUMES INTO ANT MINCE DISHES SUCH AS PASTA SAUCES, BURRITOS AND TACOS.



### SNACKS

SNACK ON VEGGIE STICKS SERVED WITH HOMMUS, TZATZIKI OR OTHER VEGETABLE-BASED DIPS.



### MUFFINS

MAKE SAVOURY MUFFINS, AND INCLUDE ANY VEGGIES YOU HAVE ON HAND. THEY CAN ALSO BE FROZEN AND EATEN LATER.



### SMOOTHIES

MAKE A GREEN SMOOTHIE WITH SPINACH, BROCCOLI, CUCUMBER, CARROT AND GINGER.



### FLAVOUR

EXPERIMENT WITH DIFFERENT HERBS & SPICES ON YOUR VEG, OR DRIZZLE WITH EXTRA VIRGIN OLIVE OIL.



### BEANS

ADD CHICKPEAS, KIDNEY OR BLACK BEANS ARE PERFECT FOR TACOS, BURRITOS OR CHILLI CON CARNE AND LENTILS IDEAL FOR BOLOGNESE.



### FILL THE FRIDGE

KEEPING YOUR FRIDGE OR FREEZER STOCKED WITH VEG MAKES IT EASIER TO LOAD UP ON THE GOOD STUFF AND NOT ALWAYS REACH FOR THE TREATS!



### EXPERIMENT

TRY DIFFERENT WAYS TO PREP AND EAT YOUR VEG TO SEE WHAT YOU LIKE BEST!



### DRESSINGS

USE A VEGGIE THAT'S EASY TO BLEND LIKE PUMPKIN, TOMATO OR ZUCCHINI TO MAKE DELICIOUS DRESSING BASES.

