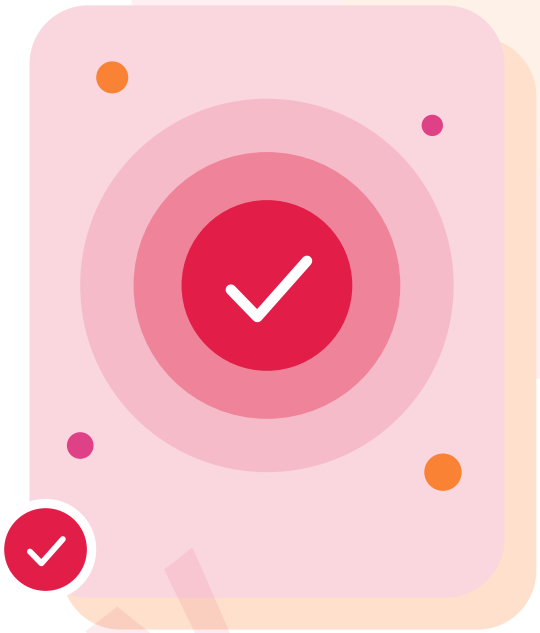
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Incorporating More Veggies



Adding more vegetables to your diet improves nutrition and overall health. Use this checklist to make veggies a regular part of your meals.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Add Veggies to Breakfast**

Include spinach, tomatoes, or peppers in omelets or smoothies.

2 **Keep Prepped Veggies Ready**

Wash and chop vegetables ahead of time for convenience.

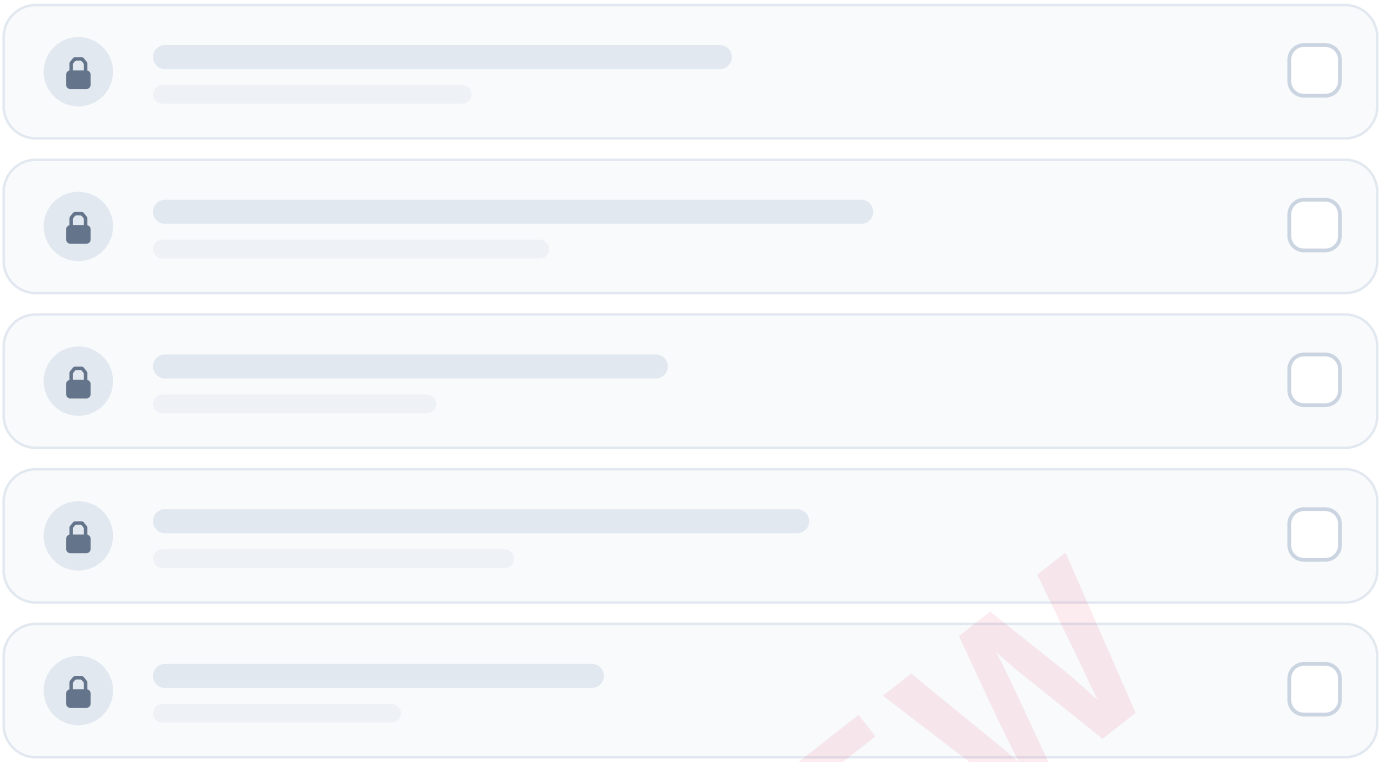
EXAMPLE *Carrot sticks, celery, or sliced bell peppers.*

3 **Make Salads Interesting**

Use a mix of greens, colorful veggies, nuts, and seeds.

EXAMPLE *Add roasted sweet potatoes or avocado for variety.*

PREVIEW



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