



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	Tue	Wed	Thu	Fri	Sat	Sun
Day 1: Add a side of sautéed spinach or peas to your dinner	Day 2: Start your day with a green smoothie.	Day 3: Have a salad full of fresh vegetables with lunch	Day 4: Make a stir-fry with lots of veggies for dinner	Day 5: Make a veggie omelet for breakfast	Day 6: Enjoy a bowl of vegetable soup for lunch	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

