



Power up with

PLANTS

Looking to set a goal to get healthier this year?

Pro tip: KEEP IT SIMPLE.

This year, keep your nutrition goals small by resolving to include more color on your plate. Consuming more fruits and vegetables ensures that you are getting plenty of dietary fiber, vitamins and minerals needed for optimal health.

Not sure where to start?



Try these starter tips to help you power through the new year with **plants!**

- 1** Opt for chopped fruit or raw veggies to pair with your favorite Greek yogurt-based dip. Honey lime and Ranch are great starts!
- 2** Throw in leftover roasted veggies from dinner into your scramble the next morning for breakfast.
- 3** Keep your freezer stocked with frozen veggies to easily add in soups, casseroles or stirfrys.
- 4** Try to incorporate one meatless meal per week. Swap ground turkey or beef for beans in some of your favorite meals such as enchiladas or tacos.
- 5** Snack on a smoothie filled with frozen fruits and veggies.

