

Got Your 6?

Tactics and Tips to boost your vegetable & fruit intake to 6 cups a day.



WEEK 1: The Starting Line is 3 cups a day.	What to do: <ul style="list-style-type: none">• Make vegetables a non-negotiable part of lunch and dinner. Start with small portions of your favorites.• Fruit First: Eat a fruit for breakfast, and before lunch or dinner. Tactics: <ul style="list-style-type: none">• Stock your home (and office if possible) with fresh fruit and veggies that you like. Include some frozen options.• Habit: Post a note on the fridge, in your lunch bag, or set a reminder on your phone to eat/pack fruits & veggies.• At restaurants, substitute fruit or salad for fried foods. Add extra veggies to sandwiches, tacos, eggs.
Week 2: Moving on to 4 cups a day.	What to do: Eat vegetables at TWO meals a day, plus TWO fruits at meals or as snacks. Tactics: <ul style="list-style-type: none">• Grab a fresh fruit at a convenience store for snack or dessert.• Buy pre-made salad as an entree. Here's what to look for.• Drink your fruits and veggies. Start easy with frozen fruit/veg blend like this. (2 servings = 2 cups)• Try Roasted Vegetables: roasting veggies is easy to do, it makes veggies taste sweeter, and keeps well for leftovers.
WEEK 3: The goal post is now at 5 cups a day.	What to do: Increase portions to 2 cups+ at 2 meals with smoothies, a large salad and vegetable-based soups/stews. Tactics: <ul style="list-style-type: none">• Soup's On: Boost premade soups by adding veggies or make your own veg- based soup.• Easy, no-cook lunch: Mix canned or steamed lentils with pre-made bruschetta.• Smoothies: Here's a smoothie template to make your own. No time? Some companies deliver prepped smoothie ingredients, ready to blend.• Don't like to grocery shop? Order a fresh produce box such as Farm Fresh to You (no cook boxes are available) or use a grocery delivery service.
Week 4: You've got the foundation, now add on these tactics to reach 6 cups a day.	What to do: Add in vegetable or fruit-centered meals to your plan. Tactics: <ul style="list-style-type: none">• Increase proportion of fruit/veg at meals; e.g. more berries than oats in your oatmeal, more vegetables than meat in a stir fry dish.• Don't want to prep food? Order prepared meal delivery service (make sure entrée has vegetables) or ready to make smoothie ingredients.• Vegetable centered meals: Try recipes below, or my recipes at pinterest.com/ranaparker<ul style="list-style-type: none">○ Easy Black Bean Tacos○ Sweet potato breakfast bowl