

6 WAYS TO INCREASE

Veggie Intake

PLUS RECIPES



1

ADOPT A VEGGIE POSITIVE MINDSET

Most of the time we aren't eating more vegetables because we just don't think about it! When you decide to include vegetables at every meal or snack (preferably low glycemic ones!) and make it one of the first choices you make when preparing a meal, it will become easier every day.

At each meal ask yourself:

"How can I include **MORE** veggies in this meal and it will still taste delicious?"
(ie where to add, swap, or replace)



2

BRING BACK & BULK UP THE SALADS!

Salads do not have to be boring or tasteless, and leave your tummy rumbling! You can create SO many different salads as a side, or to replace a meal. Choose a base like lettuce, kale, shredded cabbage, or shredded broccoli.

Then add in all the seasonal vegetables like asparagus, sprouts, spring onions, shredded radish, and more.

Bulk up with your favourite pulses, grains, beans, or legumes, then top with protein and healthy fats for the perfect balanced meal.

You can also do a roasted vegetable salad with heartier vegetables like Brussels sprouts or cauliflower, onions & garlic for the winter months

3

SMOOTHIES ARE THE ULTIMATE “FAST FOOD”

Green smoothies are the ultimate “fast food” and the PERFECT way to infuse your diet with a ton of delicious veggies while still tasting delicious.

Add handfuls of greens like kale, spinach, and chard.

Celery, cucumber & courgette can also be masked. Even carrots & cooked beets add a sweet flavour, and avocado makes a great, lower sugar alternative to banana for adding a rich, creamy texture.

Just stay away from the stronger veggies like cauliflower, broccoli, and Brussels sprouts unless you can handle the taste!

A bowl of soup with croutons and fresh herbs. The background is a soft-focus image of a bowl of soup with croutons and fresh herbs. The text is overlaid on a semi-transparent circular area.

4

GET YOUR SOUP & STEW ON

Soups & stews are often overlooked as one of the best meals to bulk up on the veg.

Not only do they taste delicious with fresh vegetables but you can use frozen veggies, which are often overlooked and are a fast solution.

Create a tomato-based broth and throw in tons of carrots, celery, onions, garlic & greens.

“Cream” based soups like broccoli, cauliflower, or mushroom can be made by simply blending up veggies and adding whole cream or cashews for extra creaminess.

You can even make these soups in advance and freeze them for easy meal prep.

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5

SWAP OR SUB PASTA, CHIPS & CRACKERS

Using vegetables as noodles is a game-changer. Use a spiralizer or vegetable peeler to make courgette noodles, sweet potato noodles, butternut squash noodles, or carrots. These can be used in place of your pasta or mixed in with it for an extra kick of veggie goodness.

Many times a cracker or chip is just a vehicle for the toppings. And what better vehicle than a vegetable? Use bell peppers as boats or scoops. Cut cucumbers or courgette into rounds to stack protein on top. Or chop chunky carrots or radishes in to slices as a crunchy base!

The possibilities are endless!

6

TOP UP YOUR CURRENT MEALS WITH VEGGIES

There are so many vegetables that can easily be added into meals and no one would know the difference. Mix rice with “cauliflower rice”, shred courgettes into burgers, meatloaf, and chillis, add celery root into mashed potatoes, and load up an omelette with spinach & other greens.

Sneaking in veggies is also helpful for family members who aren't on the same health journey as you!



Recipes

Need some recipe ideas?

Here are a few recipes that would be perfect for getting more vegetables in your diet

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VEGGIE-PACKED OMELETTE

Whisk together 2-3 eggs and pour into a non-stick pan.

Add your favorite chopped veggies, such as spinach, mushrooms, bell peppers, and onions.

Cook until eggs are set and veggies are tender.

Serve with a side of roasted sweet potatoes or berries.

CUCUMBER HUMMUS BITES

Slice cucumbers into rounds and top each with a dollop of hummus.

Add a sprinkle of paprika and a cherry tomato or sliced olive for a healthy snack or appetiser.

COURGETTE NOODLE STIR-FRY

Use a spiralizer or vegetable peeler to make courgette noodles.

In a large pan, stir-fry the noodles with your choice of protein, such as chicken or tofu, and veggies like broccoli, carrots, and snap peas.

Season with soy sauce, garlic, and ginger for a tasty, low-glycemic meal.



VEGGIE CHILLI

In a large pot, cook ground turkey or beef with chopped onion and garlic until browned.

Add diced tomatoes, kidney beans, chopped bell peppers, carrots, and courgette.

Season with chilli powder, cumin, and oregano, and let simmer until veggies are tender and flavours are blended.

Serve with a side of cauliflower rice

ROASTED ROOT VEGETABLES

Toss chopped sweet potatoes, beetroot, carrots, and parsnips with olive oil and your favorite herbs and spices.

Roast in the oven at 200°C for 20-25 minutes, or until veggies are tender and slightly browned.

Serve as a side dish with grilled chicken or fish.

CAULIFLOWER MASHED POTATOES

Steam or roast cauliflower until tender.

Puree in a blender or food processor with a little milk, garlic, and herbs.

Use as a healthy, low glycemic alternative to traditional mashed potatoes.

VEGGIE-PACKED TURKEY SANDWICH

Load up your sandwich with sliced turkey, avocado, tomato, cucumber, spinach, and any other veggies you like.

Use whole-grain bread for added fibre and nutrition.