



## *Life Habit Week 7*

*Add 1 cup of vegetables to at least **TWO** of your meals*

### Example of a Daily Meal Pattern:

Meal #1 (Protein & Carb)

Meal #2 (Protein & Fruit)

Meal #3 (Protein & Fruit)

Meal #4 (Protein & Carb) + (Veg)

Meal #5 (Protein & Carb) + (Veg)

Meal #6 (Protein & Carb)

### **Why eat this way?**

Vegetables contain several nutrients to help prevent disease and help promote a healthy body. Eating vegetables is helpful for losing body fat.

### *Not all Vegetables are created equal:*

#### **Starchy vegetables (higher in carbohydrates)**

Potatoes, peas, squash, yams, sweet potatoes, corn

#### **Non-starchy vegetables (choose from this list)**

Cucumbers, colored peppers, leafy greens, broccoli, cauliflower, carrots, radishes, tomatoes, asparagus, green beans

### **Make it Happen:**

1. Stock up on fresh vegetables that you enjoy. Get enough for one week.
2. Cut up several servings of vegetables in advance and store in an air-tight container in the refrigerator. This makes it easy to grab a serving quickly, with no preparation.
3. When planning your meals, it might be easiest to "assign" two meals that you consistently add 1 cup of vegetables.

## Almond Asparagus



1 ½ lbs fresh asparagus spears

1 Tbsp extra virgin olive oil

2 Tbsp lemon juice

¼ cup slivered almonds

Salt and pepper to taste

Trim off tough ends of asparagus. Coat a large skillet with no-stick cooking spray; add olive oil. Add asparagus stems and sauté for several minutes. Add lemon juice; cover, and simmer until crisp tender. Add almonds and season to taste, tossing gently. Yield: 6 servings.