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BABY STEPS

MORE FRUITS & VEGGIES

Add diced carrots to chili	Add beans and bell peppers to taco meat (extends!)	Blend mangos with your favorite BBQ sauce	Add squash & zucchini to omelettes	Grill a pineapple	Add overripe bananas to pancake mix
Roast squash and zucchini for pizza toppings	Add different colored bell peppers to spaghetti sauce	Blend roasted red peppers with oil, vinegar, salt & pepper (dressing)	Add sautéed tomatoes to scrambled eggs	Dehydrate strawberries	Fill an orange bell pepper with egg salad
Mix sautéed tomatoes & goat cheese for an instant appetizer	Steam broccoli, toss with lemon zest and parmesan	Grill asparagus	Eat a tomato for breakfast	Roast peaches	Add pumpkin puree to waffle mix
Add kiwi to your smoothie for some zing	Add pureed watermelon to gazpacho	Add diced cucumbers to pasta salad	Mash sweet potatoes	Sauté apples	Serve chicken salad on tomato slices
Add mint to grapefruit - skip the sweetener	Grill acorn squash slices	Add pureed raspberries to seltzer	Eat a tomato for breakfast	Broil plums	Fill butter lettuce with taco meat