

• TWEAK 1 •

FOCUS ON FRUIT & VEGGIES

This month's tweak will focus on cleaning up your diet by increasing fruit and vegetable intake. To ensure success, you will focus on **one simple strategy** each week!

WEEK 1

SALAD A DAY

WEEK 2

REVAMP AN OLD FAVORITE

WEEK 3

SIDES & SNACKS

WEEK 4

MEATLESS MAINS



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WEEK 1: SALAD A DAY

TIPS

- Have a week-long **salad potluck** with your coworkers. Have everyone bring in a different salad topping so you and your department can DIY delicious salads for lunch all week!
- Prep salads for the week in advance. Use this resource as a guide.
- Keep in mind, any salad dressing you make yourself will be much healthier! Learn how to master some basics and then get creative with variations. See the list of dressing recipes below for easy ideas.



SALAD RECIPES



- [Waldorf Salad](#)
- [Strawberry Arugula Quinoa Salad](#)
- [Mixed Green Salad](#)
- [Kale Caesar Salad](#)
- [Southwestern Cobb Salad](#)
- [Baby Greens Salad with Beets, Walnuts, and Goat Cheese](#)

RESOURCES



Cleveland Clinic infographic on building a healthy salad

Greatist infographic on building a healthy salad

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WEEK 1: SALAD A DAY

SALAD DRESSING RECIPES

Balsamic Vinaigrette

- 2 parts olive oil
- 1 part balsamic vinegar
- A tablespoon or two of Dijon mustard
- Salt and pepper to taste

Creamy Honey Mustard

- ¼ cup plain Greek yogurt
- 1 tbsp. mustard
- 2 tsp. honey
- ½ tsp. lemon juice
- Water, to thin if necessary

Healthy Ranch

- ¼ cup plain Greek yogurt
- ½ tsp. dried dill
- 1 very small clove garlic
- 1 tbsp. parmesan
- 3 tbsp. olive oil
- Salt and pepper to taste

More Dressing Recipes:

- Eating Well dressing recipes
- Italian Dressing
- Cucumber Herb Vinaigrette
- Carrot-Ginger Dressing



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WEEK 2: REVAMP AN OLD FAVORITE

Add ample amounts of fruits and veggies to classic recipes to make them healthier.

TIPS

- Finely **chop or shred veggies** and add to meatloaf, pasta sauce, sloppy joes, chili, soup, lasagna
 - Good veggies to use for this include zucchini, onion, pepper and carrots
- Add **veggie puree** to soup, stews, pasta sauce, pizza sauce, burgers, casseroles
 - Cook vegetables (boil, steam or roast), allow to cool, then puree; good veggies to use include cauliflower, carrots, squash, broccoli, zucchini, spinach and even avocados.
- Make **veggie noodles** using a spiralizer and use in classic dishes like spaghetti and meatballs or pad thai
- Add an **extra serving of fruits** (or add veggies like carrots and zucchini) to baked goods
- Add an extra serving (or two) of veggies to pizza, sandwiches, wraps and burgers or try greens in place of traditional tortilla wraps or burger buns

RECIPES

- [Baked penne with roasted vegetables](#)
- [Veggie packed marinara sauce](#)
- [Veggie loaded upgrades to frozen pizzas](#)
- [Mac n cheese with sneaky sweet potato](#)
- [Roasted vegetable loaded potatoes](#)
- [Healthy recipes with vegetable noodles](#) from Eating Well



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WEEK 3: SIDES AND SNACKS

Healthy snacks and sides are an easy way to get your daily dose of fruits and vegetables. Remember the MyPlate guidelines and aim to make half of your plate fruits and vegetables every time you eat, including snacks.

SIDE TIPS

- **Fill your plate** with veggies before you add protein or grains to be sure they take up half your plate
- Experiment with **herbs** and **new flavor profiles**. Look to other cultures for new-to-you ways of combining spices
- Avoid having extra protein or grains until you've finished a second helping of vegetables



SNACK TIPS

- Fruit is nature's perfect snack. Stock up your fruit bowl each week. If you see it frequently, you're more likely to eat it (same goes for candy, so hide that candy jar to help you cut back)
- Try to add a **touch of protein** and fat to your fruits and veggies to help you feel fuller longer. Some examples include:
 - Roasted chickpeas, a piece of fruit with nuts or nut butter, veggies and cheese or hummus, fruit and yogurt
- Stock your work area with healthy snacks or include snacks in your lunch each day

RECIPES

- [Healthy side dishes from Taste of Home](#)
- [Easy homemade hummus](#)
- [Baked parmesan zucchini](#)
- [Easy ranch baby carrots](#)
- [Zucchini pappardelle](#)
- [Crispy roasted chickpeas](#)

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WEEK 4: MEATLESS MAINS

Replace one meal a day (lunch or dinner) with a meatless entrée. Plant proteins like beans, peas, nuts, and soy are low in fat, high in fiber, and chock full of nutrients.



TIPS

- Read up on the benefits of eating less meat with [this article from Mayo Clinic](#)
- Try these plant proteins:
 - Lentils:** 1 cup cooked, 18g protein
 - Green peas:** 1 cup, 8g protein
 - Quinoa:** 1/2 cup cooked, 7-9g protein
 - Seeds** (sunflower, sesame, chia, pumpkin...): 1/4 cup, 7-9g protein
 - Nuts** (almonds, walnuts, cashews...): 1/4 cup, 7-9g protein
 - Beans (black, kidney, garbanzo...): 1 cup cooked, 15g protein
 - Soy-based protein** (tempeh, tofu, edamame): 1 serving, 20g protein

RECIPES

- [Sesame-ginger vegetable stir fry](#)
- [Hearty vegetable lasagna](#)
- [Easy vegetarian stuffed peppers](#)
- [Tortilla pie casserole](#)
- [Lentil sloppy joes](#)
- [Easy coconut curry](#)
- [Tomato and mozzarella risotto](#)
- [Build-your-own Buddha Bowl](#)
- [Meatless Monday](#) has a variety of meatless recipes you'll love