

11 Veggies (with 1 or 2 fruits) Per Day

One way to ensure you get enough nutrition in your diet is to have a goal of eating 11 servings of vegetables per day. Eating this many vegetables will help to keep your weight and energy stabilized. Once your weight and energy are stabilized you have all of the tools to live the active life you seek.

Serving Size	Vegetables that don't fit the visual	
½ cup	asparagus 4 spears	1 cup vegetable broth
1 cup greens	celery 2-11 inch stalks	½ cup fresh juice
1 piece fruit	green beans bundle 1 ½ inch in diameter 2Tbsp. pesto	

Portion Size Guide

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Visualization Key

Each item below visually represents 1 serving size





What does an 11 serving of Veggies day look like?

Breakfast:

1 egg scrambled with 1 cup spinach greens and Toast with 2 Tbsp. Kale pesto

-Or-

Green smoothie with 1 cup greens, 1 cup frozen fruit, your choice of yogurt or liquid base

Lunch:

3 cups mixed greens, 1 ½ cup diced vegetables with your choice of protein and dressing

-Or-

2 cups Hearty Vegetable Soup with ½ cup tomato, 1 cup greens, 1 cup mixed vegetables, 4 spears asparagus

Dinner:

1 ½ cup steamed vegetable medley with your choice of protein, grain or starchy vegetable

-Or-

2 cups spaghetti squash with 1 cup tomato sauce, 1 cup mixed greens

Health Benefits:

- **Weight control**
- **Lower LDL cholesterol**
- **Stabilize blood pressure**
- **Stabilize blood sugar**
- **Greater energy**
- **Greater sense of well-being**
- **May prevent cancer**
- **Controls or prevents diabetes**
- **Healthier skin**



Hearty Vegetable Soup

Serves 4 (2 cup serving size)

6 cups vegetable broth	4 ribs celery, diced
2 slices bacon	4 carrots, diced
2 cups cooked beans	4 cups greens
1/2 cup orzo pasta, cooked	1 tomato, chopped
1 zucchini, diced	1 medium onion, chopped small

- **Heat bacon over medium heat until crispy.**
- **Add vegetables cook for 8 minutes.**
- **Stir in your favorite spices, thyme, rosemary, black pepper, red pepper flakes.**
- **Add 1 cup broth, scrape the bottom of the pan to incorporate browned bits.**
- **Add beans and pasta.**
- **Heat and serve.**
- **Salt and pepper to taste.**
- **Add cooked chicken and top with grated parmesan cheese if you like.**