

The logo for 'Meal Plan Addict' is centered on a white rectangular background. The word 'MEAL PLAN' is written in a green, hand-drawn, uppercase font. Below it, the word 'ADDICT' is written in a black, clean, uppercase font, with a small white fork and knife icon replacing the letter 'I'.

MEAL PLAN
ADDICT

The text 'EAT YO VEGGIES CHALLENGE' is centered on a white rectangular background. 'EAT YO' and 'VEGGIES' are in a black, clean, uppercase font, while 'CHALLENGE' is in a larger, bold, black, clean, uppercase font.

EAT YO
VEGGIES
CHALLENGE

The text 'STARTER GUIDE' is centered on a white rectangular background in a black, clean, uppercase font.

STARTER GUIDE



CHOOSE YOUR CHALLENGE & EAT YO VEGGIES



Hey there! I am Steph.

I run the Meal Plan Addict Blog, and together in the Meal Plan Addict Community, we are going to all get our veggies in!

WHAT IS THE CHALLENGE

The challenge is simple. EAT YO VEGGIES

The goal is to get more veggies in than you normally do - whatever that "baseline" is.

Want to go vegetarian or vegan for the challenge? YOU CAN

Want to keep your way of eating but increase veggies? YOU CAN

WHY DO THE CHALLENGE

- ✓ Get inspired to try new veggies
- ✓ Learn how to get creative with veggies
- ✓ Get some new veggie loaded recipes
 - ✓ Get more fiber in
 - ✓ Eat yo vitamins

HOW TO PARTICIPATE?

Join the Meal Plan Addict Community on Facebook and get inspired, eat yo veggies, and post your photos to win prizes!

CHOOSE YOUR CHALLENGE

.....SOME IDEAS

CHOOSE YOUR VEGGIE CHALLENGE FOR THE WEEK

- Commit to eat a veggie at both lunch and dinner this week
- Get 2 cups of veggies in at lunch and dinner this week
- Try at least 1 new to you veggie each day this week
- Each night, try cooking veggies a way you havent tried
- Try 1 new veggie recipe this week
- Go vegetarian for the week
- Go vegan for the week
- Eat vegetarian one meal a day this week
- Try a "weird" veggie you have never prepared this week
- Make veggies the main event on your plate each dinner this week

Don't feel like you have to choose one of these options. You can also come up with your own!

PREP & STORE YO VEGGIES

GUIDE

The #1 way to increase your veggies during the challenge is to prep them on Sunday so they are ready to go all week.

This doesn't mean cook them. This means, wash them, chop them and store them so they last 3-4 days.

Here is your prep and store guide showing you how to store and how long to store veggies for

CUT / CHOP & STORE IN WATER SO THEY DON'T DRY OUT OR OXIDIZE



these will all last a week - change water out every 3 days

CUT / CHOP & STORE IN AIR TIGHT CONTAINERS



a week
store in glass. Plastic
will smell.



trim ends
use within 3 days



a week

CUT / CHOP, DRY, STORE IN ZIP BAG WITH 1 INCH OPEN TO ALLOW "BREATHING"



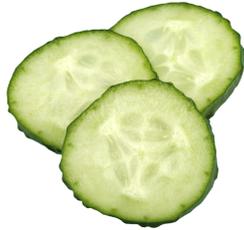
4-5 days



PREP & STORE YO VEGGIES

GUIDE

**CUT, LAY OUT ON PAPER TOWEL OR TEA TOWEL.
REMOVE AS MUCH MOISTURE AS POSSIBLE OR THESE WILL GO SLIMEY**



these will all last 4 days. Place a paper towel in the bottom of the container.

KEEP THESE INTACT AND DON'T PREP CUT



CUT / CHOP AND STORE IN CONTAINER WITH ABILITY TO VENT A BIT



these will all last a week if they can vent just a bit

TRIM ENDS AND PLACE IN JAR WITH INCH OF WATER & COVER WITH A BAG



4 days



a week

COOK YO VEGGIES GUIDE

	ROAST	STEAM	SAUTE
asparagus	✓	✓	✓
beets	✓	✓	
bell peppers	✓		✓
broccoli	✓	✓	✓
brussels sprouts	✓	✓	✓
cabbage	✓	✓	✓
carrots	✓	✓	✓
cauliflower	✓	✓	✓
celery		✓	✓
green beans	✓	✓	✓
mushrooms	✓		✓
spinach		✓	✓
squash	✓	✓	✓
tomatoes	✓		

Never know what to do with veggies?

Think about this. There are 15 veggies listed here and 3 types of cooking methods. While not all veggies should be prepped using all 3 methods, if you did nothing but basic cooking methods with only the veggies here, that is **35 EASY veggie sides.**

GETTING CREATIVE WITH VEGGIES GUIDE

READY TO TAKE VEGGIES NEXT LEVEL?

When you are ready to get a bit more creative with your veggie prep it is time to start using these methods, too!



MAKE VEGGIE RICES!

You need a spiralizer and a food processor, but once you have those you can make rice from TEN types of veggies. (the list is ahead in a few pages!)

Here is how to make veggie rices!

Spiralize



Place in food processor



pulse to make rice



saute or bake!



GETTING CREATIVE WITH VEGGIES

GUIDE

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MAKE VEGGIE NOODLES

From zoodles (zucchini) to sweet potatoes (swoodles), there are TWENTY types of veggies you can turn into noodles!

The next page has a breakdown of all of the veggies you can turn into noodle form - and how to cook them!



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GRATE THEM INTO EVERYTHING!



Grated veggies can add moisture to meals that can be dry (turkey meatballs), and they can also be loaded into meals and be barely noticeable. Hello sneaky veggies!

Spiralized Veggies Guide

VEGGIE	HOW TO COOK IT							PREP AHEAD	WHICH SPIRALIZER?		
	RAW	BAKE	SAUTÉ	RICE	BUNS & BAGELS	SIMMER IN SOUP	OTHER		HAND HELD	COUNTER TOP	ELECTRIC
APPLE	✓	--	5 MINS	--	--	--	SANGRIA!	--	--	✓	--
BEET	✓	5 - 10 MINS @ 425 F	5 MINS	✓	--	--	--	5 DAYS	--	✓	✓
BELL PEPPER	✓	20 MINS @ 425 F	5 MINS	--	--	--	--	5 DAYS	--	✓	--
BROCCOLI (STEM)	✓	10 MINS @ 425 F	5 MINS	--	--	✓	--	5 DAYS	--	✓	--
BUTTERNUT SQUASH	--	8 - 10 MINS @ 400 F	--	✓	--	--	RAVIOLI	5 DAYS	--	✓	✓
CABBAGE	✓	--	5 MINS	--	--	✓	-	7 DAYS	--	✓	--
CARROT	✓	6 - 10 MINS @ 425 F	5 MINS	✓	--	✓	--	10 DAYS	✓	✓	✓
CELERIAC ROOT	✓	10 MINS @ 425 F	5 MINS	✓	--	✓	--	5 DAYS	--	✓	--
CUCUMBER	✓	--	--	--	--	--	--	1 DAY	✓	✓	✓
JICAMA	✓	20 MINS @ 400 F	--	✓	--	--	--	5 DAYS	--	✓	--
KOHLRABI	✓	15 MINS @ 400 F	5 MINS	✓	--	✓	--	5 DAYS	--	✓	--
ONION	✓	15 MINS @ 425 F	5 MINS	--	--	✓	--	2 DAYS	--	✓	--
PARSNIP	--	12 MINS @ 425 F	5 MINS	✓	✓	✓	WAFFLES	2 DAYS	--	✓	✓
PEAR	✓	15 MINS @ 350 F	--	--	--	--	--	1 DAY	--	✓	--
POTATO	--	10 - 15 MINS @ 425 F	--	--	✓	--	--	24 HRS IN WATER	--	✓	✓
RADISHES	✓	--	--	--	--	--	--	7 DAYS	--	✓	✓
RUTABAGA	--	20-30 MINS @ 425 F	10- 15 MINS	✓	✓	--	--	6 DAYS	--	✓	✓
SWEET POTATO	--	10 - 15 MINS @ 425 F	5 MINS	✓	✓	--	PIZZA WAFFLES	5 DAYS	--	✓	✓
TURNIP	--	10 MINS @ 425 F	5 MINS	✓	--	✓	--	7 DAYS	✓	✓	✓
ZUCCHINI	✓	--	2 MINS	--	--	✓	RAVIOLI	5 DAYS	✓	✓	✓

GETTING CREATIVE WITH VEGGIES

GUIDE

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LETTUCE CUPS FOR EVERYTHING!

Lettuce wraps and cups are a great way to swap IN more veggies!

Depending on your crunch preference there are a few options for you!

Crunch wrap - iceberg & romaine
Soft to roll - butter lettuce



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VEGGIE SHEETS

Zucchini lasagnas have been around awhile. You can use a mandoline to create sheets of zucchini.

There is also the Kitchen Aid veggie sheet cutter to get sheets of veggies!

I consider sweet potato nahcos and sweet potato toast to fall in this category too!



CONTAIN AND ORGANIZE YO VEGGIES

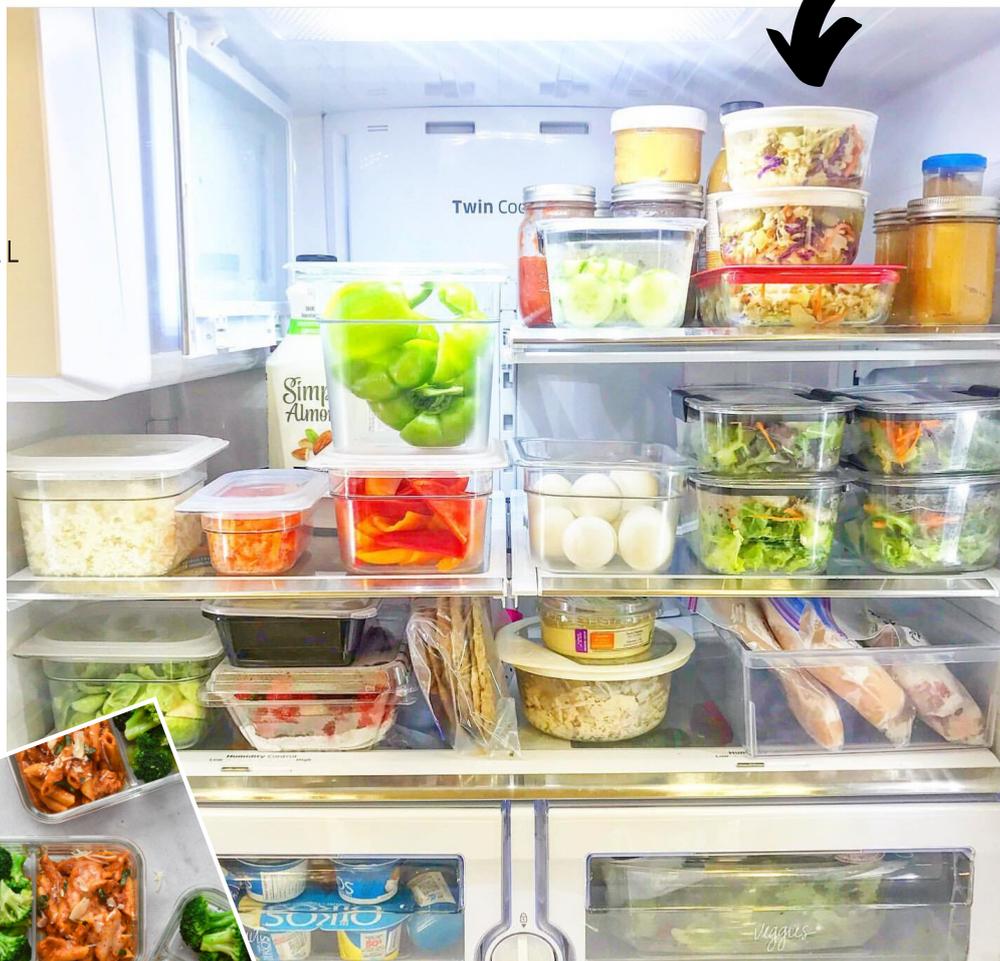
I get so many questions about the containers I use to store my veggies and meals.

The key is that I like clear so that I can SEE what I have. When a beautiful, color ful fridge is staring at you, it is more enticing to eat yo veggies

Plastic or glass is your choice, but make sure they:
SEAL WELL
WASH WELL
STACK AND STORE WELL
ARE CLEAR & CAN SEE WHAT'S IN THEM

Here is what I use

 mealplanaddict



PYREX GLASS

CAMBRO
COMMERCIAL
PLASTIC
LINE

MASON JARS

PREP
NATURALS
GLASS
DIVIDED

RUBBERMAID
BRILLIANCE
PLASTIC
LINE

All of these are on Amazon, or search the blog for "containers" and I have clickable links to ALL the containers I use.

MAKE A GAMEPLAN FOR YOUR CHALLENGE!

To reach your challenge goal this week, you need to make a plan.

MAKE A PLAN
MAKE A GROCERY LIST
PREP YO VEGGIES

The next page is your planning template for the week.

NEED HELP WITH WHAT TO PUT ON THE PLAN?

Start with googling the veggies you want to eat this week and how you want to prep them - "sweet potato rice recipes"

Head over to pinterest and so the same as above.

Head over to mealplanaddict.com for recipes

Come over to the Meal Plan Addict Community and see what we are all making.

Ask for inspo in the group too!

S _____
M _____
T _____
W _____
Th _____
F _____
S _____

BREAKFAST	LUNCH
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SNACKS

prep

**from
freezer**

shop

PRODUCE

MEAT

FROZEN

BREAD & DAIRY

OTHER STUFF

NOW WHAT?



Head over to the Meal Plan Addict Community on Facebook

Here is where all of us veggie challengers will be posting what we are up to and hopefully you will join it, and if not, I hope you get a ton of inspiration and motivation to eat yo veggies

REMEMBER.....

This challenge is for you. You can choose how you want to challenge yourself.

The goal is to simply get more veggies into your own meal plans.

You don't have to go vegetarian or vegan for the challenge.

You choose your veggie goal - mine is 2 cups of veggies at lunch and dinner!

GET YOUR INSPO ON INSTA

Come follow me over on Instagram for tons of veggie inspo over on my feed and stories - @mealplanaddict