

T Squared Fitness & Nutrition



Vegetable: CHALLENGE



10-Day Challenge

CONTENTS & RECIPES

GUIDELINES

- 03. Challenge Welcome & Guidelines
- 05. Taste the Rainbow
- 06. Color Factsheet
- 07. What Else to Eat

RED VEGETABLES

- 09. Roasted Red Pepper & Feta Dip
- 10. Carrot & Dill Radicchio Coleslaw
- 11. Lemon Infused Radishes
- 12. Garlic and Basil Tomato Sauce

ORANGE VEGETABLES

- 13. Turmeric Roasted Carrots
- 14. Orange Pepper Nacho Boats
- 15. Pumpkin Soup
- 16. Sweet Potato Toast & Eggs

YELLOW VEGETABLES

- 17. Butternut Squash Fritters
- 18. Spaghetti Squash Chow Mein
- 19. Baked Eggs in Yellow Peppers
- 20. Garlic Parmesan Sautéed Squash

LEAFY GREENS

- 21. Arugula & Lemon Parmesan Salad
- 22. Sea Salt & Garlic Kale Chips
- 23. Apple, Walnut & Spinach Salad
- 24. Butternut Squash & Roasted Swiss Chard

GREEN VEGETABLES

- 25. Chickpeas with Lemon Garlic Asparagus
- 26. Cheesy Broccoli & Quinoa Bake
- 27. Bacon & Roasted Brussels Sprouts
- 28. Parmesan Tomato Zucchini Bake

PURPLE VEGETABLES

- 29. Walnut & Goats Cheese Beet Salad
- 30. Eggplant Baba Ganoush
- 31. Asian-Style Cabbage Stir-Fry
- 32. Pickled Red Onions

WHITE VEGETABLES

- 33. Breakfast Eggs Jicama Skillet
- 34. Caramelized Onions
- 35. Potato & Chorizo Breakfast Hash
- 36. Garlic & Spinach Stuffed Mushrooms



Welcome

Welcome to the 10-Day VEGETABLE CHALLENGE

VEGETABLE CHALLENGE GUIDELINES

The goal of this challenge is simple: eat more vegetables every day! Vegetables are packed full with fiber, vitamins, minerals, and other essential nutrients that can help you feel better, look better, and improve your overall health. 🌱

Aim for five servings (where a serving of non-starchy vegetables is roughly the size of your fist).

EAT THE RAINBOW

Where possible, try to include vegetables of different colors each day. The different colors in vegetables (and fruits) represent different vitamins, antioxidants, and health-boosting compounds (like carotenoids and flavonoids)—from improved immunity to better skin! Eating a variety of vibrant colors is key to giving your body the full range of nutrients it needs. 🌈

Eating a variety of vegetables also helps boost gut health by feeding the beneficial bacteria in your digestive system. A healthy gut is essential for overall well-being, and adding more veggies helps keep things running smoothly! 🥬🍏

Continued... CHALLENGE GUIDELINES

RECIPES

But don't worry...this guide contains lots of recipe ideas that can help you eat a wider variety of colors and experiment with new vegetables. These recipes are designed to support your goal of increasing your veggie intake while also introducing you to exciting new flavors and combinations during the challenge! 🥕🥦🌶️

INCREASE GRADUALLY

If you're not used to eating many vegetables, it's important to increase gradually to give your digestive system time to adjust. A sudden increase in vegetables can cause digestive discomfort initially, as your digestive system adjusts to the added fiber and nutrients. Start small, and work your way up! 🌱

ALLERGIES AND MEDICATIONS

If you have any food allergies, medical conditions (such as kidney stones or gallstones), or are on blood-thinning medications, check with your physician before making changes to your diet. Some vegetables, such as leafy greens (rich in vitamin K), can impact blood thinning, so it's important to consult your doctor before significantly increasing your intake.



Taste the Rainbow

COLORS LIST

RED VEGETABLES

Red vegetables include red bell peppers, tomatoes, radishes, red chili peppers, red potatoes, and rhubarb chard. 🌶️

ORANGE VEGETABLES

Orange vegetables include carrots, orange bell peppers, orange tomatoes, sweet potatoes, and pumpkin. 🥕

YELLOW VEGETABLES

Yellow vegetables include butternut squash, corn, yellow bell peppers, yellow squash, yellow tomatoes, and yellow beets. 🍌

LEAFY GREENS

Leafy green vegetables include arugula, bok choy, collard greens, kale, lettuce, spinach, Swiss chard, watercress 🌿

GREEN VEGETABLES

Green vegetables include asparagus, broccoli, brussels sprouts, cabbage, cucumber, green beans, and zucchini. 🥬

PURPLE VEGETABLES

Purple vegetables include beets, eggplant, purple cabbage, purple carrots, purple cauliflower, purple potatoes, red onions, and red cabbage. 🍆

WHITE VEGETABLES

White vegetables include cauliflower, fennel, leeks, onions, garlic, ginger, jicama mushrooms, parsnips, potatoes, turnips, and rutabaga. 🧄



Taste the Rainbow FACT SHEET



DIGESTION

BENEFITS

Improves Digestion
Prevents Cancer
Supports Eyesight
Healthy Bones
Immune System

CONTAINS

Lutein
Sulforaphane
Glucosinolate

EXAMPLES

Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cucumber
Green Beans
Kale
Spinach
Zucchini

Limes
Kiwifruit



SKIN

BENEFITS

Healthy Heart
Lowers Cholesterol
Healthy Joints
Supports Eyesight
Healthy Skin

CONTAINS

Beta-cryptoxanthin
Bioflavonoids
Zeaxanthin

EXAMPLES

Corn
Sweetcorn
Yellow Beets
Yellow Peppers
Yellow Squash
Yellow Tomatoes

Apricots
Lemons
Pineapple
Yellow Figs
Yellow Pears



CANCER

BENEFITS

Healthy Heart
Immune System
Skin Protection
Supports Eyesight
Antioxidant

CONTAINS

Beta-carotene
Vitamin A
Vitamin C

EXAMPLES

Butternut Squash
Carrots
Orange Peppers
Pumpkin
Sweet Potato

Cantaloupe
Mangoes
Oranges
Papayas
Peaches
Persimmons



HEART

BENEFITS

Prevents Cancer
Healthy Heart
Blood Pressure
Skin Protection
Cell Renewal

CONTAINS

Lycopene
Anthocyanins
Ellagic acid

EXAMPLES

Radishes
Red Bell Peppers
Red Chili Peppers
Red Onions
Red Tomatoes

Cherries
Cranberries
Pomegranates
Raspberries
Strawberries
Watermelon



LONGEVITY

BENEFITS

Anti-Aging
Healthy Heart
Reduces Strokes
Skin Protection
Urinary System

CONTAINS

Anthocyanin
Flavanols
Resveratrol

EXAMPLES

Beets
Eggplant
Purple Asparagus
Purple Cabbage
Purple Carrots
Purple Potatoes

Blackberries
Blueberries
Figs
Purple Grapes
Plums



IMMUNE

BENEFITS

Immune System
Healthy Colon
Prevents Ulcers
Lowers Cholesterol
Healthy Heart

CONTAINS

Allicin
Glucosinolates
Polyphenols

EXAMPLES

Cauliflower
Garlic
Ginger
Jicama
Mushrooms
Onion
Parsnips
Potatoes
Rutabaga

Apples
Coconut



Whole Foods

WHAT TO EAT

SALAD & VEGETABLES

NON STARCHY VEGETABLES

Artichoke, Arugula, Asparagus, Bean Sprouts, Bell, Peppers, Beets, Beet Greens, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celeriac, Celery, Chard, Chicory, Chili Peppers Collards, Cucumber, Eggplant, Fennel, Garlic, Ginger, Green Beans, Green Onions, Jicama, Kale, Leeks, Lettuce, Mangetout, Mushrooms, Onions, Radicchio, Radishes, Rutabaga, Spaghetti Squash, Spinach, Sugar Snap Peas, Tomatoes, Watercress, Yellow Squash, Zucchini

STARCHY VEGETABLES

Butternut Squash, Carrots, Corn, Parsnips, Potatoes, Pumpkin, Sweet Potatoes

PROTEIN

MEAT & POULTRY

Beef, Lamb, Pork, Venison, Chicken, Turkey, Duck

FISH & SHELLFISH

Cod, Haddock, Mackerel, Pollock, Salmon, Trout, Crab, Prawns, Scallops, Squid

DAIRY

Cottage Cheese, Eggs, Plain Strained Yogurt, Whey Protein Powder

PLANT-BASED

Beans, Chickpeas, Lentils, Peas, Tempeh, Tofu, Pea Protein Powder

CARBS

FRUIT

Apricots, Apples, Bananas, Cantaloupe, Grapefruit, Grapes, Lemons, Limes, Mangoes, Melon, Oranges, Papaya, Peaches, Pineapple, Plums, Pomegranates, Watermelon

BERRIES

Açaí, Blackberries, Blueberries, Cherries, Cranberries, Raspberries, Strawberries

WHOLE GRAINS

Amaranth, Barley, Millet, Quinoa, Oats, Rice, Sorghum, Spelt, Teff

FATS

NUTS & SEEDS

Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pistachios, Walnuts, Chia, Flaxseed, Pumpkin Seeds, Sunflower Seeds

DRUPES

Avocados, Coconuts, Olives

DAIRY/OTHER

Butter, Natural Nut Butters, Omega 3 Supplement

OILS

Avocado Oil, Coconut Oil, Olive Oil, Flaxseed Oil, Pumpkin Seed Oil, Walnut Oil

FLAVORS

HERBS

Basil, Bay Leaves, Chives, Cilantro, Dill, Lemongrass, Marjoram, Mint, Oregano, Parsley, Rosemary, Thyme

SPICES

Cinnamon, Coriander, Cumin, Fennel, Mustard Seeds, Nutmeg, Paprika, Turmeric

SAUCES

Hot Sauce, Mustard, Tabasco, Tamari Sauce, Vinegars

Serving Sizes

HOW MUCH TO EAT

VEGGIES

SERVING SIZE = SIZE OF A FIST

- Aim for five servings per day for women
- Aim for five servings per day for men



STARCHY VEGGIES

SERVING SIZE = SIZE OF A CUPPED HAND

- One cupped hand per meal for women
- Two cupped hand per day for men



PROTEIN

SERVING SIZE = SIZE OF A PALM

- One palm per meal for women (20 - 30g)
- Two palms per meal for men (40 - 60g)



CARBS

SERVING SIZE = SIZE OF A CUPPED HAND

- One cupped hand per meal for women (including starchy veggies)
- Two cupped hand per day for men (including starchy veggies)

FATS

SERVING SIZE = SIZE OF A THUMB

- One thumb per meal for women
- Two thumbs per day for men



WATER

64 OZ / 2 LITERS PER DAY

- Choose from water, unsweetened tea, and coffee.
- Limit your intake of sugar-laden drinks.





Red Bell Pepper

Roasted Red PEPPER & FETA DIP

Part of the nightshade family, red bell peppers are mild, crunchy, and sweet. They're packed with vitamin C, plus vitamin K1, vitamin E, vitamin A, folate, and potassium. Rich in antioxidants, they support eye health and may help reduce the risk of chronic disease.

INGREDIENTS

- 2 red bell peppers
- ½ cup feta cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- ½ tsp red pepper flakes (optional)
- Sea salt
- Black pepper

DIRECTIONS

1. Preheat oven to 425°F (220°C). Place whole red peppers on a baking sheet and roast for 20-25 minutes, turning occasionally, until the skin is charred and blistered.
2. Transfer peppers to a bowl and cover with a plate or plastic wrap. Let them steam for 10 minutes—this makes peeling easier.
3. Once cooled, peel off the skin, remove seeds, and roughly chop the roasted peppers.
4. Add the roasted peppers, feta, olive oil, lemon juice, garlic, and red pepper flakes to a food processor. Blend until smooth.
5. Taste and adjust seasoning with salt and pepper as needed.

Serve chilled or at room temperature with pita, crackers, or veggie sticks.. Keep in an airtight container in the fridge for up to 5 days

>> 6 servings • 20 minutes • 6 ingredients

Carrot & Dill RADICCHIO COLESLAW

Radicchio has tightly packed leaves that are mostly white with red tips. It's a good source of vitamin K, which supports bone health and blood clotting. High in fiber, radicchio aids digestion and contains phytonutrients with anti-inflammatory properties that support heart health.

INGREDIENTS

- 3 red chicory, thinly sliced
- ½ red cabbage, shredded
- 2 granny smith apples
- 2 carrots, grated
- 1 bunch fresh dill, chopped
- 1 bunch fresh parsley, chopped
- 1 ½ cups Greek yogurt
- 1 clove garlic, crushed
- ½ cup mayonnaise
- 2 limes, juice and zest

DIRECTIONS

1. Halve, core, and finely slice the apples.
2. In a large bowl mix together the sliced chicory, shredded red cabbage, and sliced apples. Add the grated carrots, chopped dill, and parsley.
3. In a large measuring jug, mix together the Greek yogurt, garlic, mayonnaise, lime juice and zest, and the salt and black pepper.
4. Stir the yogurt mixture into the sliced vegetables and season to taste.

This coleslaw is best served on the day but will keep for up to 12 hours, covered, in the fridge. Stir through the dill and parsley just before serving.

>> 6 servings • 20 minutes • 10 ingredients



Radishes

Lemon Infused ROASTED RADISHES

Radishes are crisp, peppery root vegetables from the Brassicaceae family. They are a great source of vitamin C, and also contain fiber, folate, and potassium. Rich in antioxidants and natural detoxifiers, radishes support digestion, hydration, and healthy blood pressure.

INGREDIENTS

- 2 bunch radishes
- 2 tbsp extra virgin olive oil
- ½ lemon, juiced
- Sea salt
- Black pepper

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Clean, trim and cut the radishes in half lengthwise.
3. Place all ingredients into a large mixing bowl and toss together.
4. Season with salt and black pepper.
5. Spread radishes onto a baking sheet and roast for 20 to 25 minutes or until radishes have crisped and browned around the edges and have become almost fork tender.
6. Lightly adjust seasoning and finish with lemon zest, if desired.

These roasted radishes taste delicious added to a salad!

>> 4 servings • 30 minutes • 5 ingredients

Garlic & Basil TOMATO SAUCE

Native to South America, tomatoes are rich in lycopene, which supports heart health and may protect against disease. They're also packed with vitamin C, potassium, folate, and vitamin K—nutrients that support immunity, heart health, and strong bones.

INGREDIENTS

- 5 lbs cherry tomatoes
- 1 clove garlic, peeled
- ⅓ cup extra virgin olive oil
- ½ cup fresh basil leaves
- Sea salt
- Black pepper

DIRECTIONS

1. Preheat the oven to 250°F (120°C).
2. Place the tomatoes on large baking sheet with a raised 1" lip.
3. Add the garlic cloves and drizzle with extra virgin olive oil. Use your fingers to mix well to coat.
4. Top with torn basil leaves and season with sea salt and freshly ground black pepper.
5. Bake for 4 hours or until tomatoes are soft and bursting.
6. Allow to cool then pour into a blender in batches. Pulse 2 to 3 times then blend for 1 minute or until desired chunkiness. Pour into quart jars or pour into freezer bags to freeze fat.

Keep in the fridge for up to 1 week or in the freezer for up to 4 months.

>> 16 servings • 4 hours 10 minutes • 6 ingredients

Turmeric ROASTED CARROTS

Carrots are root vegetables with a sweet, mildly aromatic flavor. They're rich in vitamin A from beta carotene and also provide B vitamins, vitamin K, and potassium. High in carotenoids, carrots support eye health and may help reduce the risk of cancer and heart disease.

INGREDIENTS

- 3 lb carrots, peeled
- 3 tbsp extra virgin olive oil
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- ½ tsp ground coriander
- Sea salt
- Black pepper
- 3 cloves garlic, minced
- ½ lime, juice of
- Fresh dill, for garnish

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Arrange the peeled carrots in a single layer on a large lightly oiled baking sheet.
3. Add 3 tbsp olive oil. Add the spices, salt and black pepper, and minced garlic. Toss to combine.
4. Bake in the oven for 40 to 45 minutes or until the carrots are fork-tender and caramelized or browned in some parts.
5. Remove from the oven. Arrange on a serving platter and add the lime juice and fresh dill (or parsley) for garnish.

>> 6 servings • 35 minutes • 10 ingredients



Orange Bell Pepper

Orange Pepper NACHO BOATS

Part of the nightshade family, orange bell peppers are rich in vitamin C, which supports immunity and collagen production. They also provide vitamin B6, which helps metabolize protein. Orange peppers also support eye health and may protect against disease.

INGREDIENTS

- 1 lb lean ground turkey
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp black pepper
- ¼ tsp sea salt
- ¾ cup salsa, no sugar added
- 1 cup cheddar cheese, grated
- 3 bell peppers

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Remove seeds, core, and membrane from bell peppers then slice each one into 6 vertical pieces where they dip down. Set sliced bell peppers aside.
3. Cook ground turkey over medium-high heat, breaking up as it cooks until it loses its pink color and is cooked through. Drain off any fat.
4. Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese. Bake on a parchment-lined baking sheet for 10 minutes or until cheese is melted and bell peppers are hot.
5. Remove from the oven and add additional toppings, if desired.

>> 4 servings • 45 minutes • 8 ingredients

Thick & Creamy PUMPKIN SOUP

Pumpkin is a type of squash with smooth, ribbed skin and deep orange flesh. It's rich in vitamin A, along with B vitamins, copper, iron, and magnesium. High in carotenoids, pumpkin supports immunity, eye health, and may help protect against chronic disease.

INGREDIENTS

- 2 tsp olive oil
- 1 shallot, diced
- 2 tsp minced garlic
- 1 ½ cups pumpkin puree
- 1 cup vegetable stock
- ⅔ cup almond milk
- 1 tbsp ground cumin
- 1 tsp chili powder
- Sea salt, to taste
- Black pepper, to taste

DIRECTIONS

1. Add olive oil, shallots, and garlic to a medium-sized saucepan over medium heat.
2. Sauté the veggies for 2 to 3 minutes or until softened. Stir in remaining ingredients and allow to simmer. For a smoother soup, blend using an immersion blender or regular blender to remove any chunks of garlic and shallots, then return it to the pot.
3. Thin out the soup with more stock or milk if desired. I like my soup on the thicker side so this may be necessary.
4. Allow to simmer for another 5 minutes, taste and adjust seasoning as necessary (such as a little more cumin).

>> 6 servings • 35 minutes • 10 ingredients



Sweet Potato

Sweet Potato TOAST & EGGS

Sweet potatoes are nutrient-dense tubers that are high in fiber, filling, and naturally sweet. While typically orange, they also come in other color varieties. Rich in beta carotene, vitamin C, and potassium, sweet potatoes support immunity, heart health, and blood pressure regulation.

INGREDIENTS

- 1 sweet potato
- 1 tbsp extra virgin olive oil
- Sea salt, to taste
- Black pepper, to taste
- ¼ tsp dry oregano or rosemary, crushed
- 2 eggs, hard or soft boiled
- 1 avocado
- 1 tsp fresh lemon juice
- ½ tbsp sesame seeds
- 1 pinch chili powder

DIRECTIONS

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Slice sweet potatoes vertically into ¼ - ½ inch strips. Brush both sides with oil.
3. Bake for 30-35 minutes, flipping at 20 minutes.
4. While they bake, mash the avocado with lemon, sea salt, and black pepper. While the potatoes bake, boil the eggs. It takes about 5 minutes for a soft-boiled egg and 7+ minutes if you want a hard-boiled one.
5. If you want your potato slices extra crispy: finish them off in your toaster in a low setting. Layer them with guacamole, and then some egg slices.
6. Finish it off by sprinkling sesame seeds for a little crunch and chili powder for soft, subtle heat and flavor.

>> 2 servings • 40 minutes • 10 ingredients

Butternut Squash



Butternut Squash FRITTERS

Butternut squash is a winter squash known for its sweet, nutty flavor and versatility. It's rich in vitamin A, vitamin C, and fiber, along with B vitamins, manganese, and potassium. High in antioxidants, butternut squash supports immunity, heart health, and vision.

INGREDIENTS

- 5 cups butternut squash
- $\frac{2}{3}$ cup almond flour
- 2 eggs, lightly beaten
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{8}$ tsp black pepper
- 2 tbsp olive oil
- 1 $\frac{1}{2}$ tbsp fresh sage, minced

DIRECTIONS

1. Peel and shred the butternut squash using a box grater or food processor.
2. In a large bowl, mix the shredded squash, flour, eggs, sage, salt, and black pepper until combined.
3. Heat a generous layer of olive oil in a large sauté pan over medium-high heat.
4. Scoop 3-tablespoon mounds into the pan, pressing lightly into rounds and spacing 2 inches apart. Cook for 2-3 minutes, flip, and cook for another 2 minutes until golden brown.
5. Transfer to a paper towel-lined plate, sprinkle with salt, and repeat with the remaining mixture.

>> 5 servings (15 fritters) • 20 minutes • 7 ingredients



Spaghetti Squash

Spaghetti Squash CHOW MEIN

Yellow bell peppers are rich in vitamin C, which supports immunity, heart health, and collagen production. They also provide vitamin B6, folate, and small amounts of iron, magnesium, and potassium. Packed with antioxidants, yellow peppers help protect cells and support health.

INGREDIENTS

- 1 spaghetti squash
- ¼ cup tamari sauce
- 3 cloves garlic, minced
- 1 tbsp coconut sugar
- 2 tsp ginger, freshly grated
- ¼ tsp white pepper
- 2 tbsp olive oil
- 1 onion, diced
- 3 stalks celery, sliced diagonally
- 2 cups shredded cabbage and carrot mix

DIRECTIONS

1. Cut the spaghetti squash in half lengthwise and scoop out seeds
2. Lay skin side up in a 13" x 9" Pyrex and pour ½ inch of water in the bottom of the pan.
3. Bake at 400°F (200°C) for 30 to 40 minutes, until the flesh is very tender. Once done, scoop out the flesh with a fork so it breaks apart into strings, set aside.
4. In a small bowl, whisk together tamari sauce, garlic, coconut sugar, ginger and white pepper; set aside.
5. Heat olive oil in a large skillet over medium-high heat. Add onion and celery, and cook, stirring often, until tender, about 3 to 4 minutes. Stir in cabbage until heated through, about 1 minute.
6. Stir in spaghetti squash and sauce mixture until well combined, about 2 minutes. Serve immediately.

>> 3 servings • 50 minutes • 10 ingredients

Yellow Bell Pepper

Baked Eggs in STUFFED PEPPERS

Yellow bell peppers are rich in vitamin C, which supports immunity, heart health, and collagen production. They also provide vitamin B6, folate, and small amounts of iron, magnesium, and potassium. Packed with antioxidants, yellow peppers help protect cells and support health.

INGREDIENTS

- 3 yellow bell peppers, halved and deseeded
- 1½ tbsp olive oil
- 2 cloves garlic, diced
- ½ cup onion, chopped
- 1 lb butternut squash, diced
- Sea salt
- Black pepper
- ¾ cup ricotta
- 6 eggs
- 2 cups marinara sauce

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place bell peppers, cut side up, in a shallow microwave-safe dish with ⅓ cup water. Sprinkle with salt, cover, and microwave for 5 minutes. Set aside.
3. In a skillet over medium-high heat, heat the olive oil. Cook garlic for 1 minute, then sauté onion for 2-3 minutes. Add butternut squash, thyme, and salt, cooking for 5 minutes until softened. Remove from heat and stir in ricotta. Adjust seasoning.
4. Pour marinara sauce into a 9" x 12" baking dish. Place bell peppers cut side up and spoon ½ - ¾ cup of the squash mixture into each, leaving space for an egg. Bake for 10 minutes.
5. Break eggs into a ramekin and carefully pour into each pepper. Season with black pepper and bake for 10-12 minutes until egg whites set.

>> 3 servings • 50 minutes • 13 ingredients



Yellow Squash

Garlic Parmesan SAUTEED SQUASH

Yellow squash, a member of the gourd family, is also known as summer squash. It's rich in vitamins A, B6, and C, along with folate, magnesium, and fiber. High in manganese, yellow squash supports bone health and helps the body process fats and carbohydrates.

INGREDIENTS

- 2 yellow squash, sliced into rounds
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup grated Parmesan cheese
- ½ tsp sea salt
- ¼ tsp black pepper

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add garlic and cook for 30 seconds until fragrant.
2. Add squash, season with salt and black pepper, and sauté for 5-7 minutes, stirring occasionally, until tender and slightly golden.
3. Sprinkle with Parmesan and toss to combine. Cook for 1 more minute, then remove from heat.
4. Serve warm.

Pairs well with grilled chicken, fish, or a fresh quinoa or rice salad!

>> 4 servings • 15 minutes • 6 ingredients

Arugula & Lemon PARMESAN SALAD

Arugula is a leafy green known for its peppery bite and tender texture. Part of the cruciferous vegetable family, it's packed with vitamin K, folate, and antioxidants that support bone health and immunity. Arugula may also help reduce inflammation and support heart health.

INGREDIENTS

- 4 cups arugula
- ¼ cup shaved Parmesan cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp sea salt
- ¼ tsp black pepper

DIRECTIONS

1. In a large bowl, toss arugula with olive oil and lemon juice.
2. Sprinkle with sea salt and black pepper, then toss again.
3. Top with shaved Parmesan and serve immediately.

Perfect as a light side dish or topped with grilled chicken or chickpeas for a main meal.

>> 4 servings • 10 minutes • 6 ingredients



Sea Salt & Garlic KALE CHIPS

Spinach is a nutrient-rich leafy green from the amaranth family, related to beets and quinoa. It's packed with vitamin K, folate, iron, and calcium, along with powerful antioxidants. Spinach may support eye health, regulate blood pressure, and help protect against disease.

INGREDIENTS

- 1 bunch kale, washed and dried
- 2 tsp olive oil
- 1 pinch sea salt
- 1 pinch garlic powder

DIRECTIONS

1. Preheat oven to 300°F (150°C).
2. Wash and dry the kale thoroughly, then tear the leaves into chip-sized pieces, removing the tough stems. Arrange on an unlined baking sheet.
3. Drizzle with 2 tsp olive oil and gently massage it into the leaves, ensuring even coverage. Sprinkle with sea salt and garlic powder.
4. Bake for 10 minutes, then rotate the pan and flip any crispy pieces. Bake for another 10-15 minutes, watching closely in the last 8 minutes to prevent burning.
5. Let the chips cool on the pan for 3-5 minutes before serving to crisp up further.

>> 4 servings • 30 minutes • 4 ingredients

Apple, Walnut & SPINACH SALAD

Spinach is a nutrient-rich leafy green from the amaranth family, related to beets and quinoa. It's packed with vitamin K, folate, iron, and calcium, along with powerful antioxidants. Spinach may support eye health, regulate blood pressure, and help protect against disease.

INGREDIENTS

- 10 oz baby spinach
- 2 apples, sliced
- ½ red onion, sliced
- 1 cup walnut halves, toasted
- ⅔ cup dried cranberries
- 5 oz Goats cheese, crumbled

DIRECTIONS

1. Peel the red onion, core the apple, and thinly slice both.
2. Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl.
3. Drizzle with the vinaigrette, and toss to combine.
4. Serve immediately, garnished with the remaining goat cheese.

Top with vinegar and oil or your favorite sugar free salad dressing.

>> 4 servings • 10 minutes • 6 ingredients

Butternut Squash & ROASTED SWISS CHARD

Swiss chard is a leafy green from the same family as beets and spinach. Native to the Mediterranean, it's rich in vitamins A, C, and K, along with magnesium, iron, and potassium. Packed with antioxidants, Swiss chard may help lower blood pressure and support heart health.

INGREDIENTS

- 3 cups butternut squash, cubed
- 4 tbsp extra virgin olive oil
- 1 cup shallots, quartered
- 4 cloves garlic, skinned
- 1 ½ tsp sea salt
- 2 tsp fresh rosemary, chopped
- 1 head swiss chard, chopped
- ¼ cup pine nuts, toasted
- 1 tsp fresh sage, chopped
- ½ cup dried cranberries
- ¼ cup goat's cheese, crumbled

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Toss the butternut squash with 2 tbsp olive oil, 1 tbsp salt, and rosemary, then spread on a sheet pan. Coat shallots and garlic with 1 tbsp olive oil, ½ tsp salt, and place on another pan.
3. Roast squash for 30-45 minutes and shallots for 20-30 minutes, turning both halfway.
4. Meanwhile, chop Swiss chard leaves and dice stems. 10 minutes before roasting finishes, heat 1 tbsp olive oil in a skillet over medium-high heat. Sauté stems for 3 minutes, then add leaves and sage, cooking for 1-2 minutes.
5. Toss in roasted vegetables, pine nuts, and cranberries, stirring for 1 minute. Remove from heat, add goat cheese, and serve.

>> 5 servings • 1 hour 15 minutes • 11 ingredients



Asparagus

Chickpeas with Lemon GARLIC ASPARAGUS

Asparagus is a nutrient-rich spring vegetable known for its tender spears and earthy flavor. It's packed with vitamin K, folate, and antioxidants that support bone health, digestion, and immunity. Asparagus may also help reduce inflammation and support heart health.

INGREDIENTS

- 1 bunch asparagus, trimmed
- 1 can (15 oz) chickpeas, drained
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper
- Zest and juice of 1 lemon

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with 1 tbsp olive oil, garlic powder, salt, and pepper. Spread on a baking sheet and roast for 20 minutes, shaking the pan halfway through.
3. Meanwhile, heat 1 tbsp olive oil in a skillet over medium heat. Add asparagus and sauté for 4-5 minutes until tender-crisp.
4. Remove from heat, toss with lemon zest and juice, and top with crispy chickpeas.
5. Serve immediately.

Great as a side dish or topped with feta for extra flavor.

>> 4 servings • 25 minutes • 7 ingredients



Broccoli

Cheesy Broccoli & QUINOA BAKE

Broccoli is a cruciferous vegetable related to cabbage, kale, and Brussels sprouts. It's rich in vitamins C and K, folate, and iron, supporting immunity and skin health. High in antioxidants, broccoli may help protect against inflammation, heart disease, and certain cancers.

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups broccoli florets, chopped
- 1½ cups shredded cheddar cheese
- 1 cup unsweetened almond milk
- 2 eggs, beaten
- 1 tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper

DIRECTIONS

1. Preheat oven to 375°F (190°C). Grease an 8x8-inch baking dish.
2. Cook quinoa according to package instructions. Steam broccoli until just tender.
3. In a large bowl, mix quinoa, broccoli, 1 cup cheese, milk, eggs, garlic powder, salt, and pepper.
4. Pour mixture into the baking dish and sprinkle with the remaining ½ cup cheese.
5. Bake for 25-30 minutes until golden and set. Let cool for 5 minutes, then serve warm.

>> 4 servings • 40 minutes • 8 ingredients



Brussels Sprouts

Bacon & Roasted BRUSSELS SPROUTS

Brussels sprouts are nutrient-dense cruciferous vegetables rich in vitamins C and K, folate, and fiber. They also provide antioxidants and omega-3s, supporting heart, bone, and immune health. Brussels sprouts may help reduce inflammation and improve digestion.

INGREDIENTS

- 4 slices bacon
- 1 lb brussels sprouts
- 1 shallot, diced
- Sea salt
- Black pepper

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Place the bacon in a cast-iron skillet and cook until crisp. Set aside on a paper towel-lined plate and crumble into pieces. Leave one tablespoon of bacon grease in the pan and dispose of the rest.
3. Stem and halve the Brussels sprouts.
4. Place the Brussels sprouts and shallot into the skillet and toss to coat.
5. Sprinkle with black pepper and a generous helping of salt. Transfer to the oven to roast for 10 minutes and then stir. Roast for an additional 10 to 15 minutes, or until the sprouts are golden brown.
6. Stir the crumbled bacon into the pan and serve immediately.

>> 4 servings • 10 minutes • 5 ingredients



Zucchini

Parmesan Tomato ZUCCHINI BAKE

Zucchini is a type of summer squash from the same family as melons and cucumbers. It's rich in vitamin A, especially when cooked, and packed with antioxidants that support eye, skin, and heart health. The highest levels of nutrients are found in its skin.

INGREDIENTS

- 2 zucchini, sliced
- 2 yellow squash, sliced
- 5 tomatoes, sliced
- ½ cup parmesan cheese, grated
- ½ tsp black pepper
- ¾ tsp garlic powder
- ¾ tsp onion powder
- ½ tsp Italian spices

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a baking dish, arrange zucchini, yellow squash, and tomatoes in an alternating pattern.
3. Top with cheese and spices. Place into oven and bake for 25 to 30 minutes or until squash is soft.

Sliced red onion, eggplant and bell peppers also work well in this ratatouille-style recipe.

>> 6 servings • 30 minutes • 8 ingredients

Walnut & Goats Cheese BEET SALAD

Beets are a nutrient-rich root vegetable from the same family as Swiss chard and spinach. Their color comes from betalains, powerful antioxidants that support health. Beets are rich in folate, manganese, and potassium and may help lower blood pressure and improve circulation.

INGREDIENTS

- 3 medium beets, cooked and diced
- ¼ cup crumbled goat cheese
- ¼ cup walnuts, toasted and chopped
- 3 medium beets, cooked and diced
- ¼ cup crumbled goat cheese
- ¼ cup walnuts, toasted and chopped

DIRECTIONS

1. In a bowl, toss diced beets with balsamic vinegar, olive oil, and salt.
2. Sprinkle with goat cheese and walnuts just before serving.
3. Serve chilled or at room temperature.

Pairs well with grilled chicken or as a side to a main dish

>> 4 servings • 25 minutes • 6 ingredients

Eggplant BABA GANOUSH

Eggplant is a versatile nightshade vegetable, most commonly deep purple. It's a good source of fiber, B vitamins, and antioxidants that support digestion, brain health, and bones. Rich in anthocyanins, eggplant may help protect cells from damage.

INGREDIENTS

- 2 eggplants
- ¼ cup tahini
- ¼ cup lemon juice
- 2 cloves garlic, finely minced
- ¼ tsp ground cumin
- ½ tsp sea salt
- 2 tbsp fresh parsley leaves
- 1 tbsp olive oil

DIRECTIONS

1. Adjust oven rack to middle position, turn broiler to high, and line a baking sheet with foil.
2. Prick eggplants with a fork and place on the sheet. Broil for 2 minutes per side until lightly charred. Turn off broiler, set oven to 375°F (190°C), and roast for 25-30 minutes until soft. Let cool for 10-15 minutes.
3. Meanwhile, mix tahini, lemon juice, garlic, cumin, and salt in a bowl.
4. Split eggplants, drain excess liquid, and scrape out the flesh. Mash into the tahini mixture until smooth but slightly textured. Stir in parsley and drizzle with olive oil.

Store in an airtight container in the fridge for up to 5 days.

>> 6 servings • 1 hours 5 minutes • 8 ingredients



Red Cabbage

Asian-Style Sesame Ginger CABBAGE STIR-FRY

Red cabbage is a nutrient-dense cruciferous vegetable from the same family as broccoli and kale. Its deep purple color comes from anthocyanins, antioxidants that support heart and bone health. Rich in fiber and vitamins A, C, K, and B6, it's a nutritious addition to meals.

INGREDIENTS

- ½ head green cabbage, shredded
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 2 tbsp tamari or soy sauce
- 1 tsp rice vinegar
- 1 tbsp sesame seeds

DIRECTIONS

1. Heat sesame oil in a large pan over medium-high heat. Add garlic and ginger, cooking for 30 seconds until fragrant.
2. Add shredded cabbage and stir-fry for 5-7 minutes, until tender but still crisp.
3. Stir in soy sauce and rice vinegar, tossing to coat. Cook for 1 more minute.
4. Remove from heat and sprinkle with sesame seeds before serving.

Great as a side dish or topped with tofu, chicken, or shrimp for a main meal.

>> 4 servings • 15 minutes • 7 ingredients

Pickled RED ONIONS

"Red onions have purplish-red skin and a mild, slightly sweet taste. They contain more antioxidants and flavonoids than white onions. Rich in vitamins K, B6, and C, red onions also provide fiber for digestion and essential minerals like potassium and magnesium."

INGREDIENTS

- 1 red onion, thinly sliced
- 1 cup distilled white vinegar
- 1 tbsp sea salt
- 1 tbsp sugar
- 1 clove garlic, peeled
- 1 tsp peppercorns, to taste

DIRECTIONS

1. Heat the vinegar just to boiling, or in the microwave for 1 minute.
2. Add salt and sugar, stir to dissolve.
3. Place red onions and other spices in the jar.
4. Add hot mixture to the jar, cover, and leave to cool to room temperature.

Once cool, transfer to a jar, cover tightly, and refrigerate for up to 2 weeks. Use in salads, tacos, sandwiches, or as a topping for hot dogs

>> 10 servings • 16 minutes • 6 ingredients

Breakfast Eggs JICAMA SKILLET

Jicama is a starchy root vegetable with papery brown skin and a white interior. Rich in vitamin C, folate, potassium, and magnesium, it's low in calories and high in fiber. Jicama's antioxidants, including vitamins C and E, may reduce the risk of chronic diseases and support heart health.

INGREDIENTS

- 1 lb breakfast sausage
- 5 cups jicama, cubed
- ½ bell pepper, chopped
- ½ onion diced
- ⅓ cup broth or water
- 5 eggs
- Sea salt, to taste
- Black pepper, to taste

DIRECTIONS

1. Preheat your oven to 350°F (200°C).
2. Over medium heat, brown your sausage in the skillet, stirring frequently to break up large chunks. This takes about 5 to 7 minutes.
3. Use a slotted spoon to remove the sausage from the skillet.
4. Place your jicama in the skillet and cook for 3 to 4 minutes, stirring occasionally.
5. Add the broth and cook for 5 to 7 minutes to help the jicama soften.
6. Once the broth has evaporated, add the bell pepper and onion, then cook for 3 to 5 more minutes until the onions become translucent.
7. Return the sausage to the skillet and stir to incorporate. Make 5 wells evenly spaced throughout the skillet and crack one egg into each well.
8. Bake the skillet for 15 to 18 minutes until the eggs are just set. Serve warm.

>> 6 servings • 40 minutes • 9 ingredients

Sweet & Tender CARMELIZED ONIONS

Onions are the most widely cultivated species of the Allium genus, related to garlic, shallots, leeks, and chives. Rich in antioxidants and sulfur compounds, onions may reduce cancer risk, lower blood sugar, and improve bone health. They also provide vitamin C, B6, and potassium.

INGREDIENTS

- 2 medium onions, thinly sliced
- 2 tbsp olive oil
- ½ tsp sea salt

DIRECTIONS

1. Heat olive oil in a large skillet over medium-low heat.
2. Add sliced onions and salt. Cook slowly for about 30-40 minutes, stirring occasionally.
3. As the onions cook, they will soften and turn golden brown. Continue to cook until they are deeply caramelized.
4. Use immediately or store in the fridge for up to 5 days.

Use as a topping for burgers, in pasta dishes, or mix into a warm dip.

>> 4 servings • 40 minutes • 3 ingredients

Potato & Chorizo BREAKFAST HASH

Potatoes are tubers from the nightshade family, related to tomatoes. They're a good source of potassium, folate, and vitamins C and B6, with compounds that may help lower blood pressure. When cooled after boiling, potatoes provide resistant starch to support gut health.

INGREDIENTS

- 1 onion, large
- 1 clove garlic
- 4 oz chorizo
- 1 tbsp olive oil
- 3 potatoes, cooked
- 2 eggs, large free-range
- ½ bunch fresh parsley

DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. Peel and finely chop the onion and garlic, chop the chorizo, dice up the cooked potato and pick and finely chop the parsley.
3. Gently fry the onion and garlic in a little oil in an oven-proof pan until the onion is soft. Add the chorizo and fry for 2 to 3 minutes.
4. Add the potatoes and cook for 5 minutes more, then crack the eggs on top.
5. Transfer the pan to the preheated oven and bake for 8 minutes, or until the egg white is set but the yolk is still runny.
6. Sprinkle with sea salt, black pepper and the parsley, to serve.

>> 2 servings • 20 minutes • 7 ingredients



Mushrooms

Garlic & Spinach STUFFED MUSHROOMS

Mushrooms are a nutrient-dense vegetable, rich in B vitamins, selenium, and copper. They support immune health, bone strength, and weight management. Packed with fiber and antioxidants, mushrooms also have anti-inflammatory properties.

INGREDIENTS

- 8 large mushrooms, stems removed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 cup spinach, chopped
- ½ cup ricotta cheese
- ¼ cup parmesan cheese, grated
- Salt and pepper to taste
- Fresh parsley, chopped (optional, for garnish)

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1-2 minutes until fragrant.
3. Add chopped spinach and cook for another 2-3 minutes until wilted. Season with salt and pepper.
4. Remove from heat and stir in ricotta and parmesan until well combined.
5. Stuff the mushroom caps with the spinach mixture, packing them tightly.
6. Place stuffed mushrooms on a baking sheet and bake for 15-20 minutes or until mushrooms are tender and the filling is golden.
7. Garnish with fresh parsley, if desired, and serve immediately.

>> 4 servings • 25 minutes • 8 ingredients