

Ditch THE DIET

5-A-Day Challenge:

Eat 5 (1/2 cup) servings of Vegetables THIS WEEK!

Day 1 Vegetables (List food and quantity.)

Day 2 Vegetables

Day 3 Vegetables

Day 4 Vegetables



leah campión

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Disclaimer: This information is not intended to replace a one on one relationship with a qualified health care professional and is not intended as medical advice. Leah Campián encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. The entire contents of this document are based upon the opinions of Leah Campián, unless otherwise noted.

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Day 5 Vegetables

- _____
- _____
- _____

- _____
- _____
- _____

Day 6 Vegetables

- _____
- _____
- _____

- _____
- _____
- _____

Day 7 Vegetables

- _____
- _____
- _____

- _____
- _____
- _____



Ditch THE DIET

Vegetables Include:

- artichoke
- corn
- eggplant
- asparagus
- **Legumes:**
 - alfalfa sprouts
 - azuki beans
 - bean sprouts
 - black beans
 - black-eyed peas
 - borlotti bean
 - broad beans
 - chickpeas / garbanzos
 - green beans
 - kidney beans
 - lentils
 - lima beans / butter beans
 - mung beans
 - navy beans
 - pinto beans
 - runner beans
 - split peas
 - soy beans
 - peas
 - snap peas
- broccoli
- brussels sprouts
- cabbage
- cauliflower
- celery
- endive
- fiddleheads
- frisee
- fennel
- **Greens**
 - beet greens (chard)
 - bok choy
 - collard greens
 - kale
 - mustard greens
 - spinach
 - quinoa
- **Lettuce**
 - arugula
 - butter
 - romaine
- mushrooms
- nettles
- okra
- **Onions**
 - Chives
 - Garlic
 - Leek
 - onion
 - shallot
 - scallion
- parsley



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- **Peppers** (biologically fruits, but taxed as vegetables)
 - bell pepper
 - jalapeno
 - habanero
 - paprika
 - tabasco pepper
 - cayenne pepper
- radicchio
- rhubarb
- **Root Vegetables**
 - beetroot (UK) Beet (US)
 - carrot
 - celeriac
 - daikon
 - **Radish**
 - wasabi
 - horseradish
 - white radish
- **Squashes** (biologically fruits, but taxed as vegetables)
 - acorn squash
 - bitter melon
 - butternut squash
 - banana squash
 - courgette (UK), Zucchini (US)
 - cucumber (biologically fruits, but taxed as vegetables)
 - delicata
 - gem squash
 - hubbard squash
 - marrow (UK) Squash (US)
 - patty pans
 - pumpkin
 - spaghetti squash
- tomato (biologically a fruit, but taxed as a vegetable)
- **Tubers**
 - jicama
 - jerusalem artichoke
 - quandong
 - sunchokes
 - sweet potato
 - yam
- water chestnut
- watercress

