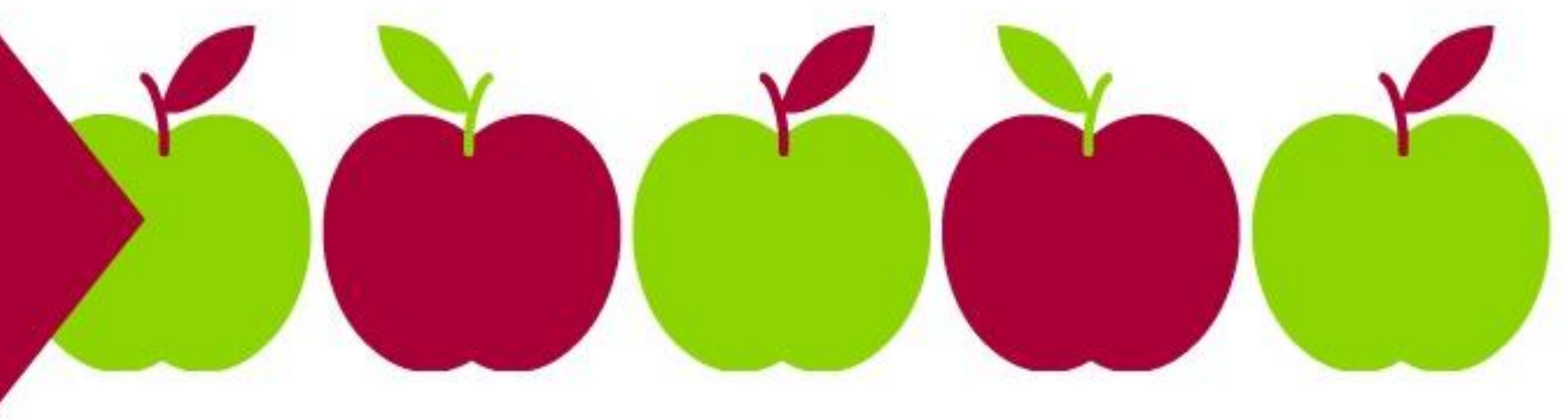


Fruit & Veggie Journal



Week of:

Check off how many fruits and veggies you eat daily. Aim for at least 5.

M					
T					
W					
Th					
F					
S					
Su					

New Fruits/Veggies to try:

Get more everyday:

- Put fruit in cereal/oatmeal
- Add veggies to pasta
- Add veggies to an omelete
- Use a juicer and drink
- Freeze grapes for a cool snack
- Make a smoothie
- Stir extra veggies into soup

Notes:
