



## MY 3 FAVORITE VEGGIES & HOW I PREPARE THEM

Eating plenty of veggies will help your body stay vibrant + healthy, **AND** help you to lose weight. I recommend at least 6-8 cups of veggies per day. To get started, check out my three **favorite** veggies and how I love to prepare them!

### 1. Kale

People tend to think that the only way to get protein is from eating meat, but leafy greens like kale are actually an *amazing* source of protein. (Fun fact: Kale has more protein per calorie than steak!) Leafy greens also bring more oxygen to your blood which helps you to feel more energized overall.

I love kale because it's delicious, super easy to prepare and is a great source of calcium and Vitamins A, C, E, and K.

Kale has taken center stage these days so you've probably tried it by now if you aren't eating it regularly, but I'm willing to bet you haven't had kale like this!

#### *The Only Kale Salad You'll Ever Want to Eat*

##### **Salad:**

- 1 large bunch of kale, thinly sliced
- 2 large carrots, peeled and grated
- 1/2 cup raisins or currants
- 1 pint grape tomatoes, sliced
- 1/4 to 1/2 cup raw pine nuts
- 1 avocado, sliced
- 1 red bell pepper, sliced or diced

##### **Dressing:**

- 1/4 cup extra virgin olive oil

- 1/4 cup freshly squeezed lemon juice
- 1 to 2 small garlic cloves, crushed
- 1 Tablespoon honey, optional
- 1/2 teaspoon sea salt
- freshly ground black pepper, to taste

*Place all dressing ingredients into a large bowl, add salad ingredients on top and mix together with your hands until well combined. Let the salad sit for for about 10 to 20 minutes before serving.*

## 2. Broccoli

There are few veggies that beat broccoli in terms of versatility. Broccoli can be eaten raw, cooked, steamed, sautéed, tossed into stir fries and curries, and added to salads. I love broccoli's versatility, rich flavor, and that it's a great source of vitamins and minerals (including calcium!).

If broccoli brings back childhood nightmares, give these delicious Veggie-full Thai Noodles a try. And don't be surprised when you realize you're actually #TeamBroccoli. :)

### *Veggie-full Thai Noodles*

#### *Ingredients:*

- 2 cans full-fat coconut milk
- 6 oz. red (or green) curry paste
- 1 T. tamari pinch red pepper flakes
- 1 red bell pepper, sliced thin
- 1 lb. broccoli, cut into bite-sized pieces
- 1 head cauliflower, cut into bite-sized pieces
- 2 small zucchini, sliced diagonally
- 3 cloves garlic, minced 1/2 cup cilantro, chopped
- 8 oz. cooked Rice noodles
- 2 lbs. chicken thighs, skirt steak, tempeh or tofu, sliced thin
- Black sesame seeds

*Combine coconut milk, curry paste, tamari and red pepper flakes in a small saucepan and whisk until smooth. Heat on low, stirring occasionally. Meanwhile, bring a large pot of water to a rapid boil and cook rice noodles for 4 minutes. Immediately strain and rinse in cold water until they are no longer hot. (This is to stop the cooking process entirely.) Season protein of choice with salt and pepper. Heat about a tablespoon or so of olive oil in a pan over medium heat and cook until cooked through. Set aside. Saute veggies in the same pan you used for the protein, about eight minutes or until just tender. Add protein and continue to cook for about two minutes. Add sauce and cook for two more minutes. Finally,*

*add the rice noodles and continue cooking until noodles are completely cooked. Sprinkle with black sesame seeds and cilantro.*

### **3. Pumpkin**

If you've never enjoyed pumpkin outside of a latte or baked treat, you're really missing out! Pumpkins are packed with fiber, vitamin A, and iron. They're naturally low in calories and pound for pound contain more potassium than bananas. There are so many great ways to prepare pumpkin; I love adding it to a delicious green smoothie!

#### *Pumpkin Spice Green Smoothie*

- *2 cups spinach*
- *2 cups almond milk, unsweetened*
- *1 cup pumpkin, unsweetened (canned or fresh)*
- *1 banana*
- *1 cup mango*
- *1 teaspoon pumpkin spice*
- *1 teaspoon pure vanilla extract*

*Blend spinach and almond milk until smooth. Add remaining ingredients, and blend until smooth. Enjoy!*