Eat Your Veggies

KID CHECK OFF CHART

- 3 CUPS LEAF GREENS - SPINACH, KALE, ETC.
- 1 CUP ROOT VEGETABLES - SWEET POTATO, RADISH, CARROT, BEETS
- 2 OUNCES PLANT BASED PROTIENS WITH IRON - CHICKPEAS, LEGUMES, CULTURED TEMPEH, PISTACHIOS, HEMP SEED, ALMONDS, NUTRITIONAL YEAST, CASHEWS
- 1 CUP IMMUNITY BOOSTING VEGETABLES - BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, GREEN BEANS, SNAP PEAS
- 1 CUP OR SMALL WHOLE FRUIT - POWER FRUIT - BERRIES, CITRUS, MELON

#COTTERCRUNCH