



VEGGIE SWITCH CHEAT SHEET

Cut Carbs and Calories! Eat more nutrient-filled Veggies!
Here's a list of ideas to switch veggies for bread, potatoes, rice, etc.
There's ideas for every meal to give you inspiration.

BREAKFAST

- Seasoned diced veggies instead of hashbrowns
- Eggs on top of spinach with grilled sliced tomatoes instead of toast
- Glass of green veggie juice, or green smoothie, instead of fruit juice
- Scrambled eggs and peppers in a romaine lettuce leaf instead of a tortilla
- Protein shake blended with spinach instead of a bowl of cereal

LUNCH

- Use veggies with hummus instead of pita bread
- Seasoned baked zucchini sticks instead of fries
- Chopped and steamed mixed veggies with marinara or Alfredo instead of pasta
- Collard leaves or Swiss chard as wraps for Asian rolls
- Romaine leaves for taco shells
- Wrap your burger patty or sandwich fillings in lettuce

SNACKS

- Roll peanut butter and banana in a lettuce leaf
- Stuff celery with nut butter or your favorite dip or spread
- Use thin sliced zucchini or root vegetables instead of chips for salsa and dips
- Put pesto or bruschetta on sliced zucchini and peppers
- Make a tomato 'sandwich' with 2 pieces of cucumber and a bit of mayo

DINNER

- Thin sliced veggies instead of lasagna noodles
- Spiralized or shredded zucchini, squash, or carrot instead of pasta
- Minced or pureed Cauliflower instead of rice or mashed potatoes
- Slices of eggplant or zucchini baked with pizza sauce and cheese
- Shredded Cabbage and bean sprouts instead of oriental noodles

