



FREE CHECKLIST

easy ways to eat more *leafy greens*

Put this on your fridge to get inspiration for adding more leafy greens to your meals.

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Add fresh or frozen greens such as spinach or kale to your morning smoothie. You can hardly taste it but you will enjoy increased energy throughout the day.

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Add to eggs. Make egg cups, an omelet or scrambled eggs and load in the greens to give your brain and immune system a boost.

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Add herbs to everything. Try parsley, cilantro, dill, basil, thyme, lemongrass or rosemary to add both flavor and micronutrients.

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Make a bowl. Add raw arugula to the bottom of a bowl and add cooked rice and beans and/or meat to the top. Or, lightly saute greens in olive oil or avocado oil and then add your other ingredients. I love to make variations such as “Mexican bowls” or “Italian bowls.” Get creative and watch your belly be bloat-free and happy afterwards!

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Add to soups such as minestrone, lentil or vegetable. You can either add it to the soup and let it cook down or add it to the top of your bowl with any other toppings you desire.

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