**Fruits and Veggies**

- Keep a bag of fresh spinach in the refrigerator and add a handful to eggs, salads, and leftovers.

- Add a variety of frozen vegetables on hand to save time on meal prep.

- Have a serving of fruit after each meal as “dessert.”

- Add frozen berries to oatmeal, yogurt, and smoothies.

- Toss garlic, onions, celery, peppers, and other vegetables into whole grains.