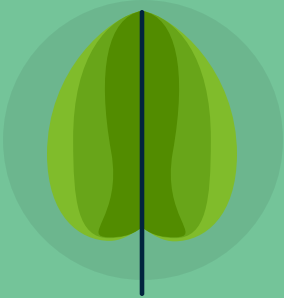


# *Fruits and Veggies*



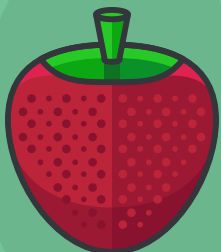
Keep a bag of fresh spinach in the refrigerator and add a handful to eggs, salads, and leftovers.



Have 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.