

Choose to Boost Veggies and Fruit Everyday

Make a check in the box each time you eat vegetables and fruit at every meal and snack.

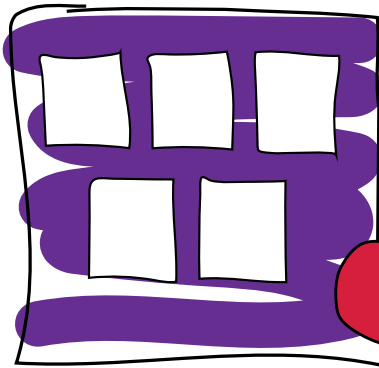
Fill-in as many as you can and submit it to one of the following:

 [healthykidstbay](#)

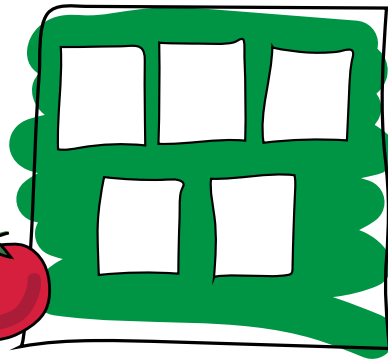
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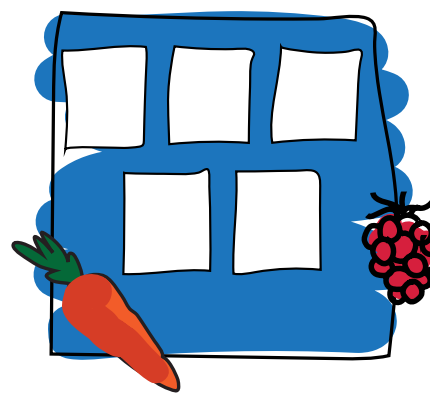
Monday



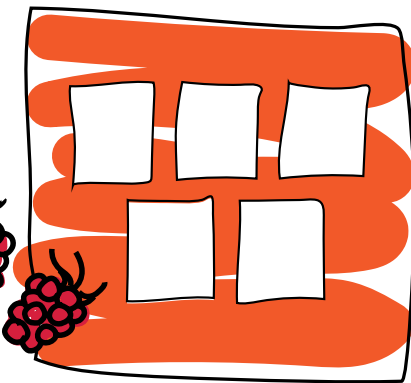
Tuesday



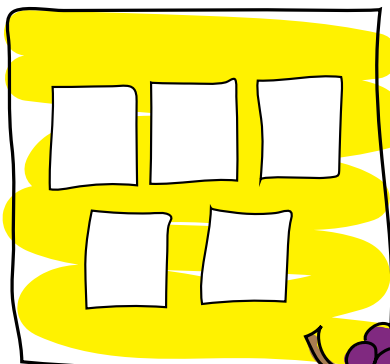
Wednesday



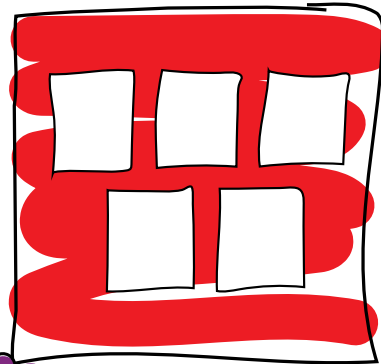
Thursday



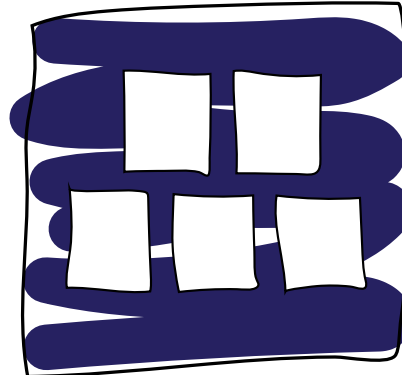
Friday

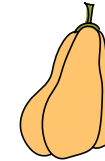
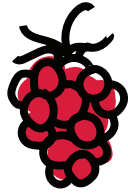


Saturday



Sunday





Pita Pizza

- 1 whole wheat pita (or English muffin or tortilla)
- 2 tbsp pizza sauce (or tomato sauce or salsa)
- ½ cup vegetables (ex. bell pepper, tomato, mushrooms, spinach)
- ¼ cup grated cheese

1. Spread pizza sauce on the pita.
2. Top with vegetables and cheese.
3. Microwave for about 30 seconds until cheese is melted. Alternatively, cook in an oven or toaster oven at 400°F for about 10 minutes.

Fruit Smoothie

- 2 cups fruit (fresh or frozen)
- 1 cup milk
- ½ cup yogurt

1. Add all ingredients to a blender and blend until smooth.

Cheesy Cucumber Crunch

- 2 whole wheat crackers
- 2 slices of cucumber
- 2 pieces of cheese

1. Place the crackers on your plate.
2. Stack one cucumber slice and one piece of cheese on each cracker.

Veggie Roll-up

- 1 whole wheat tortilla
- 2 tbsp hummus
- ½ cup vegetables (ex. carrots, lettuce, broccoli, bell peppers, cauliflower, mushrooms)

1. Spread hummus on the tortilla.
2. Spread the vegetables on top of the hummus.
3. Fold in one end of the tortilla and then roll it up.

Fruity Roll-up

- 1 whole wheat tortilla
- 2 tbsp nut/seed butter
- ½ cup fruit (ex. strawberries, banana, blueberries, apple, raspberries)

1. Spread nut/seed butter on the tortilla.
2. Spread the fruit on top of the nut butter.
3. Fold in one end of the tortilla and then roll it up.

Egg and Cheese Cups

- 6 eggs
- 1 cup vegetables (ex. broccoli, onion, bell peppers, mushrooms, tomato)
- ½ cup cheese

1. Preheat oven to 350°F. Grease muffin pan or spray with oil.
2. In a bowl, beat eggs gently with a fork.
3. Add the vegetables and cheese.
4. Pour the mixture between 6 muffin cups.
5. Bake for 20 minutes or until eggs are set (not runny).

Banana Pops

- 1 banana
- ½ cup yogurt
- ½ cup cereal or ¼ cup sunflower seeds

1. Cut the banana in half.
2. Insert a popsicle stick or wooden stick in the cut end of the banana.
3. Dip the banana in yogurt.
4. Roll the banana in dry cereal or sunflower seeds to cover.
5. Place the banana on a cookie sheet and freeze for about 1 hour.

