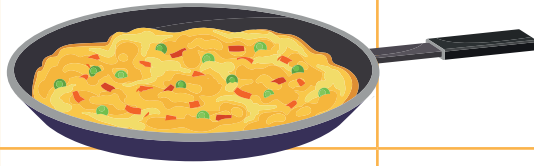
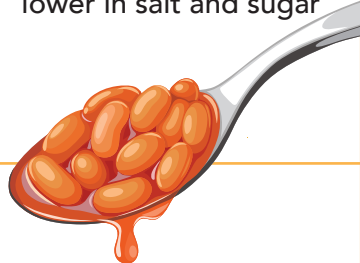
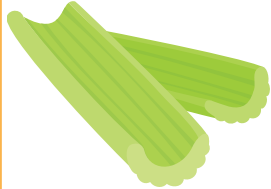
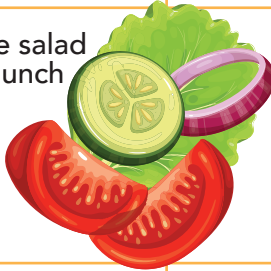


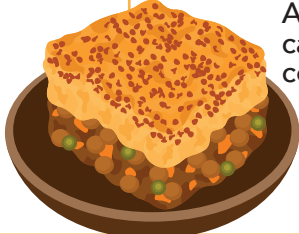

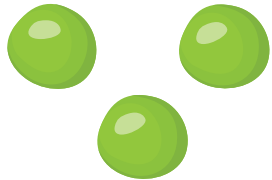
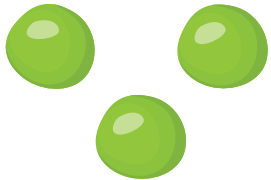
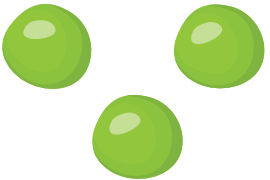
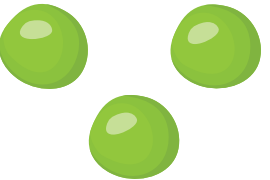
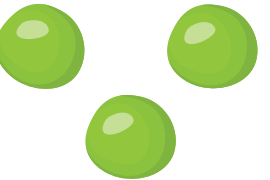
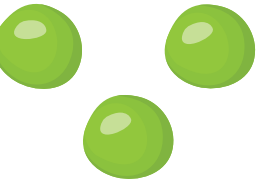


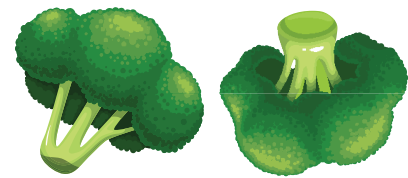
Meal planner - helping you to just add veg!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast			<p>Add finely chopped pepper to scrambled eggs</p> 			<p>Have baked beans on toast, choosing versions lower in salt and sugar</p> 	
Snack	<p>Celery can be a great snack</p> 						
Lunch					<p>Add a side salad to your lunch</p> 		
Snack		<p>Why not swap your snack for carrot sticks?</p> 					
Dinner				<p>Add chopped courgette to your pasta dish</p> 			<p>Add chopped carrots into your cottage pie</p> 
Veg Eaten							

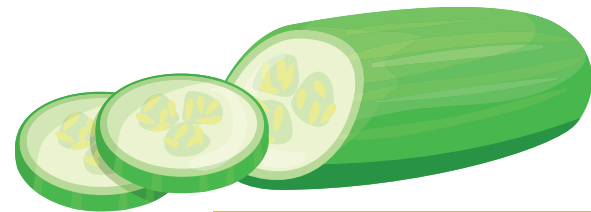
✓ Remember to tick a pea, every time you just add veg!

Portion sizes

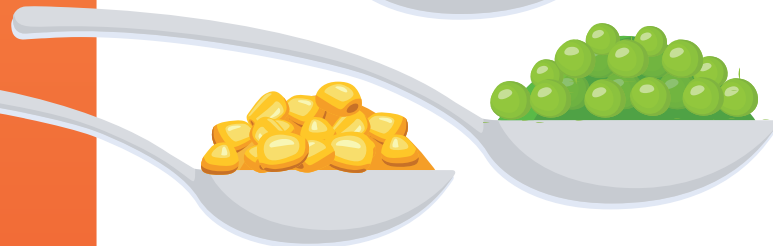
At least 3 portions of your 5 a day should be veg. 1 adult portion is 80g



2 broccoli spears



5cm piece of cucumber



3 heaped tablespoons of cooked veg



8 cauliflower florets

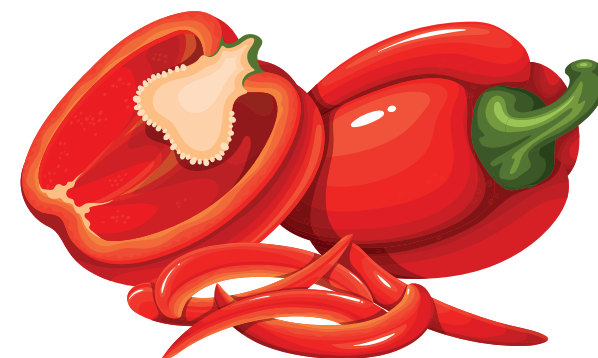
A rough guide for children: 1 portion is the amount they can fit in their hand.



Just add veg



make a quick stir fry using left over veg



try munching on pepper sticks as a quick and easy snack



add sweet potato to a spicy curry



Did you know?

Frozen and tinned vegetables count towards your 5+ a day.

For more ideas scan this QR code or visit staffordshire.gov.uk/JustAddVeg

