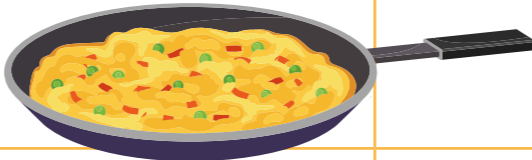

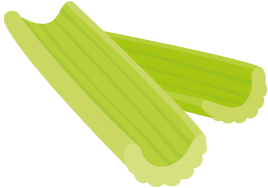
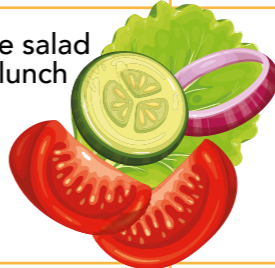




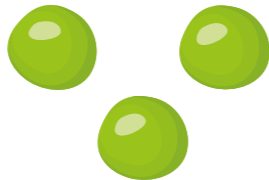
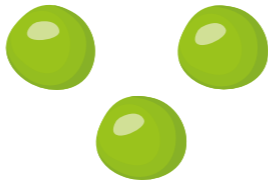
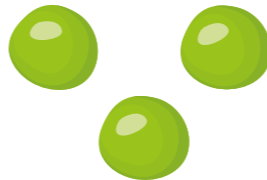
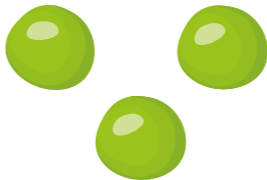
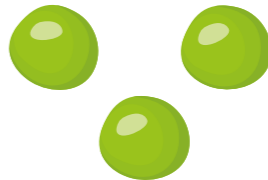
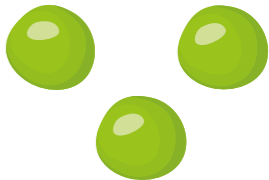



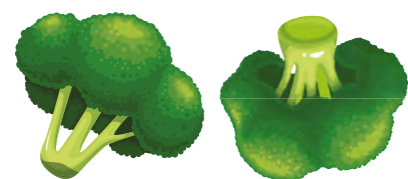
# Meal planner - helping you to just add veg!

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

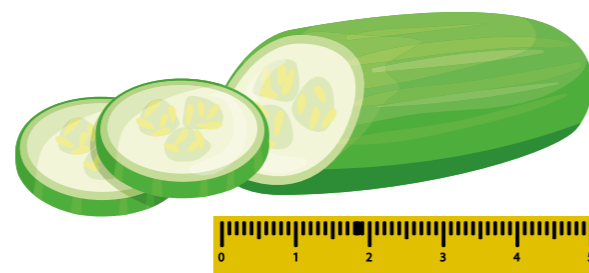
 Remember to tick a pea, every time you just add veg!

# Portion sizes

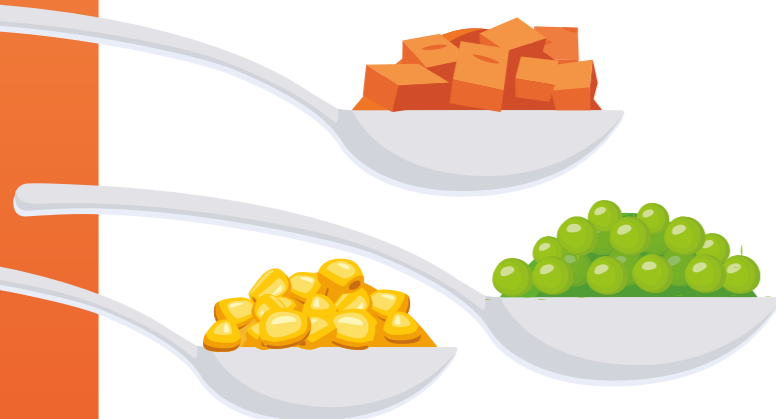
At least 3 portions of your 5 A Day should be veg. 1 adult portion is 80g



2 broccoli spears



5cm piece of cucumber



3 heaped tablespoons of cooked veg



8 cauliflower florets

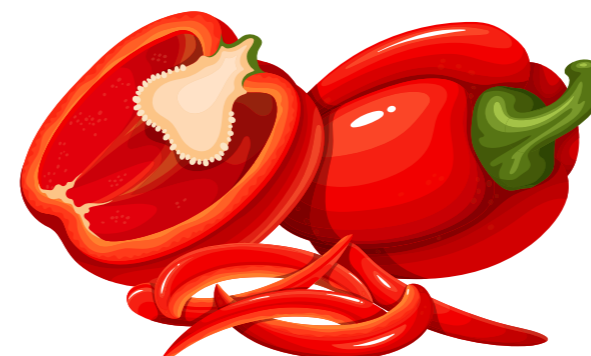
A rough guide for children: 1 portion is the amount they can fit in their hand.



## 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. Choose tinned vegetables without added salt and sugar.

For more ideas scan this QR code or visit [letstalk.staffordshire.gov.uk/justaddveg](http://letstalk.staffordshire.gov.uk/justaddveg)

