

MARCH / 2024

FRUIT AND VEGETABLE CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 Eat a piece of fruit as a snack	2 Eat a vegetable with breakfast (ie scramble into eggs, make a quiche or smoothie)
3 Aim for 3 servings of fruits and vegetables today	4 Roast vegetables for a tasty side dish	5 Eat a RED fruit or vegetable today (apples, red bell pepper, strawberries, tomato)	6 Eat a fruit as a dessert	7 Swap chips or fries for veggie sticks	8 Eat a vegetable as a snack (ie veggies and dip; side salad)	9 Try a new fruit
10 Enjoy a vegetable based soup and salad today	11 Make a fruit smoothie	12 Make ½ your plate fruits and vegetables	13 Eat a fruit and/or vegetable with every meal today	14 Eat a vegetable with supper	15 Make or try a cauliflower pizza crust	16 Grill vegetable kebobs
17 Swap pasta noodles for zucchini noodles today	18 Eat a BLUE/PURPLE fruit or vegetable today (eggplant, purple cabbage, purple potato, blueberry)	19 Add vegetables to a sandwich	20 Eat an ORANGE fruit or vegetable today (oranges, sweet potatoes, pumpkin, carrots)	21 Make a fruit and veggie smoothie	22 Try a lettuce wrap for sandwiches or burgers	23 Try a new vegetable recipe
24 Eat a GREEN fruit or vegetable today (kiwi, leafy greens, broccoli)	25 Try cauliflower rice or cauliflower mashed potatoes	26 Make zucchini boats for dinner	27 Eat a WHITE fruit or vegetable today (mushrooms, potato, cauliflower, onion)	28 Eat a YELLOW fruit or vegetable today (yellow squash, yellow bell pepper)	29 Grow your own fruit or vegetable and start a garden today	30 Visit a farmers market
31 Congratulations! You have completed the fruit and vegetable challenge! Continue eating fruits and vegetables daily!	1	2	3	4	5	6