

Vegetable Eating Challenge



EAT 10 SERVINGS OF NON-STARCHY VEGETABLES A DAY

SUN.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURS.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NON-STARCHY VEGETABLES:

- | | | | |
|------------------|------------------|-----------------|-----------------|
| Alfalfa Sprouts | Cabbage | Green Beans | Sauerkraut |
| Artichoke | Carrots | Kale | Shallot |
| Arugula | Cauliflower | Leeks | Snow Peas |
| Asparagus | Celery | Mixed greens | Spinach |
| Avocado | Chard | Mushrooms | Squash |
| Bean Sprouts | Collards | Mustard Greens | Sugar Snap Peas |
| Beets | Cucumber | Onion | Tomatoes |
| Bell Peppers | Dandelion Greens | Peas | Zucchini |
| Bok Choy | Eggplant | Peppers | |
| Broccoli | Endive | Pumpkin | |
| Brussels Sprouts | Garlic | Romaine Lettuce | |



#DELIGHTFULVEG | ADELIGHTFULHOME.COM