



ADDING
COLOR: THE
BUSY GAL
WAY!

SNEAK IN WITH SIDES



CAULIFLOWER
RICE



BROWN/WHITE
RICE



FROZEN
VEGETABLE
MIXES





COLORFUL SMOOTHIES

ADD FROZEN CAULIFLOWER RICE, SPINACH OR KALE TO
YOUR SMOOTHIES TO ADD COLOR AND VOLUME (I PROMISE
YOU CAN'T TASTE IT) :)



MEAL PREP SALADS OR SHEET PAN VEGETABLES FOR THE WEEK





ADD SALSA AND PICO DE
GALO TO YOUR FAVORITE
DISHERS



AIR FRY FAVORITE FRUITS FOR DESSERT/SNACK

