

44. EAT YOUR VEGGIES

Let's face it, veggies get a bad rap. Whether you never grew out of your aversion to veggies as a five-year-old or are just trying to find creative ways to sneak more into your life, this 30-day challenge is for you.

Here are 30 ways to get more veggies. If you find only a handful that will work for you, stick with those. But I challenge you to get adventurous and try all 30 sneaky methods for getting more glorious veggies into your life. Your body will thank you!

- 1. Smoothies:** Throw in a handful of spinach or kale into your morning smoothie.
- 2. Omelets:** Tomatoes, spinach, mushrooms, peppers, and onions **are all delicious with eggs.**
- 3. Oatmeal:** I love adding pumpkin **to my oats!**
- 4. Muffins:** Try throwing carrots, pumpkin, or zucchini into muffins.
- 5. Spiralize It:** Zoodles (noodles made from zucchini) are a great swap for pasta.
- 6. Juice:** Every week I juice together celery, cucumber, spinach, ginger, lemon, and green apples. The flavor combinations are endless.
- 7. Sauce:** If you are making a marinara sauce, add more carrots, tomatoes, mushrooms, onions, winter squash, and peppers. Don't like your sauce chunky? Puree!
- 8. Quesadilla:** I love making a quesadilla with feta and spinach then dipping it in hummus.
- 9. Dip:** Try making a ranch dip with Greek yogurt to make it healthier.
- 10. Pizza:** If you're going to indulge in pizza why not opt for thin crust and load it up with veggies?
- 11. Mac and Cheese:** I add pureed butternut squash to my sauce.
- 12. Brownies:** Pureed spinach or sweet potato can be easily hidden in that brownie goodness.
- 13. Pudding:** Adding avocado to pudding will give it a rich texture and flavor.
- 14. Mix-Ins:** There are several brands that now offer powdered greens you can add to drinks.
- 15. Casseroles:** There are so many ways to get creative with veggies here. Chicken pot pie? Load it up with veggies!
- 16. Puree:** Sweet potato, spinach, and butternut squash all make great purees that can easily be snuck into a lot of dishes without changing the flavor at all. Bake a huge batch and freeze it.

HOW TO MEDITATE

To begin the meditation, sit comfortably in your chair with your shoulders relaxed and spine tall. Place your hands mindfully on your lap, close your eyes, and as much as possible eliminate any stimuli that may distract you. Watch your breath. Simply notice your breath flowing in and flowing out. Don't try to change it in any way. Just notice. Silently repeat a simple mantra, like, "Breathing in. Breathing out." As your mind begins to wander, draw it back to your breath. Notice that as your breath begins to lengthen and fill your body, your mind begins to calm. Consistency is key.

For this 30-day challenge, meditate for 5 minutes first thing in the morning and/or at night. Every day add a minute or two until you are at a good 20 to 30 minutes every day.

Be consistent with your meditation practice, particularly if it is difficult to sit still as you begin. Shorter meditation sessions on a daily basis are more productive than long sessions every few days.

HELPFUL APPS FOR GUIDED MEDITATION

If you're not quite sure how to start meditating, try downloading an app. Many are free or offer paid upgraded versions. My personal favorites are:

- » Calm by calm.com
- » Simply Being by Meditation Oasis
- » Headspace