

Health

21-DAY CHALLENGE: POWER UP YOUR VEGGIES

➤ Boost your veggie intake in just 3 weeks with easy recipes and expert strategies. Go to [Health.com/veggie-challenge](https://www.health.com/veggie-challenge) for daily instructions. Check off each day's task as you complete

DAY 1 <input type="checkbox"/> Stock up on frozen produce	DAY 2 <input type="checkbox"/> Make supper in a skillet	DAY 3 <input type="checkbox"/> Roast Brussel sprouts	DAY 4 <input type="checkbox"/> Bake some kale chips	DAY 5 <input type="checkbox"/> Make a bean chili
DAY 6 <input type="checkbox"/> Whip up a smoothie or juice	DAY 7 <input type="checkbox"/> Make over your sandwich	DAY 8 <input type="checkbox"/> Snack on roasted chickpeas	DAY 9 <input type="checkbox"/> Sneak veggies into breakfast	DAY 10 <input type="checkbox"/> Grill your veggies
DAY 11 <input type="checkbox"/> Put veggies on pizza	DAY 12 <input type="checkbox"/> Make your own veggie burger	DAY 13 <input type="checkbox"/> Make veggie "pasta"	DAY 14 <input type="checkbox"/> Get out of your salad rut	DAY 15 <input type="checkbox"/> Stuff a squash
DAY 16 <input type="checkbox"/> Rethink hummus	DAY 17 <input type="checkbox"/> Put veggies into tacos	DAY 18 <input type="checkbox"/> Dip right in	DAY 19 <input type="checkbox"/> Try a new leafy green	DAY 20 <input type="checkbox"/> Start lunch and dinner with a veggie-heavy soup
DAY 21 <input type="checkbox"/> Aim for 30 grams of fiber				