

# GET MORE VARIETY

## food challenge

Eat a red fruit	Try a vegetable that you've never had before	Make a soup with some leftovers	Put some veg into a recipe that you wouldn't usually have it in	Make some hummus from scratch (it's easy, I promise)
Make your favourite childhood dish	Eat a green fruit	Make a dish that's traditional to another country	Eat 4 types of bean while doing this challenge	Eat a leafy vegetable that you have never tried before
Have your 5-a-day	Put avocado in a smoothie	Eat a yellow fruit	Eat 2 portions of oily fish in a week	Drink the recommended 8 glasses of water
@LifeBiteNutrition				
Bake a cake or dessert that has a vegetable in	Try a fruit that you've never had before	Try a new fruit or herbal tea	Eat a pink fruit	Have 3 different coloured veggies on one plate
Have a meat free day	Try a new recipe	Eat a cooked meal without adding table salt	Roast some veggies	Eat a blue fruit
Try a grain or seed that you've never had before	Eat an orange fruit	Steam your vegetables instead of boiling	Try a new fish or seafood	Make a colourful salad

Cross each square off as you complete it. Have fun trying some new foods. Why not take photos as you do each one, share on your stories and tag me in so that I can see and share your ideas. I can't wait to see them.