



FOR THE SEASON OF EATING HEALTHY

5-DAY EAT YOUR VEGGIES CHALLENGE



GROCERY LIST

PRODUCE

- | | |
|---|---|
| <input type="checkbox"/> 1 Cauliflower | <input type="checkbox"/> 1 pound Brussels Sprouts |
| <input type="checkbox"/> 1/2 cup Fresh Cilantro | <input type="checkbox"/> 12 oz Broccoli |
| <input type="checkbox"/> 1 pound Sweet Potatoes | <input type="checkbox"/> 1 Green chili pepper |
| <input type="checkbox"/> 1 pound Carrots | <input type="checkbox"/> 1-2 cloves Garlic |
| <input type="checkbox"/> 2 Lime | |

DAIRY

- | | |
|---|---|
| <input type="checkbox"/> 1/4 cup Yogurt plain | <input type="checkbox"/> Parmesan, to grate |
|---|---|

SPICES

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Black Pepper |
| <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> Salt |

PANTRY

- | | |
|---|---|
| <input type="checkbox"/> Olive Oil or Avocado oil | <input type="checkbox"/> Balsamic Vinegar |
| <input type="checkbox"/> Red Chili flakes | |

EAT YOUR VEGGIES CALENDAR

PIPINGPOTCURRY.COM



DAY 1 - January 18

Roasted Cauliflower



DAY 2 - January 19

Carrot Fries



DAY 3 - January 20

Roasted Broccoli



DAY 4 - January 21

Sweet Potatoes



DAY 5 - January 22

Crispy Brussels Sprouts