



FOR THE SEASON OF EATING HEALTHY

# 5-DAY EAT YOUR VEGGIES CHALLENGE

# GROCERY LIST

## PRODUCE

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- |   |   |
|---|---|
| <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

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

## SPICES

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

## PANTRY

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- |   |   |
|---|---|
| <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**

Roasted Cauliflower



**DAY 2**

Carrot Fries



**DAY 3**

Roasted Broccoli



**DAY 4**

Sweet Potatoes



**DAY 5**

Crispy Brussels Sprouts