

Easy Ways to a Healthy Diet

A practical no-nonsense guide that reveals simple and easy way that you can get more fruits and veggies in your diet. Helping you to improve your health and make meals more interesting for you and your family.

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Eat More Fruits And Vegetables With These Three Secrets Strategies

When it comes to healthy eating and snacking it's all about convenience and having things readily available. These three secrets will help encourage you and your family to eat more fruits and vegetables. So, let's jump right in.

Secret #1 - Buy Prepackaged

One of the biggest reasons people say they don't eat more fruits and vegetables is because they don't have the time to prepare them. That's really not an acceptable excuse anymore because today you can just about buy anything, including fruits and vegetables, in prepackaged, ready to go servings/containers. This option will cost you a bit more because you're paying for convenience but if you truly don't have the time, this is a great way to make sure you have access to fruits and vegetables quickly and easily.

Secret #2 - Prepare ahead of time

If you don't like secret #1 because you don't want to spend the extra money to buy convenience (and face it, you will pay more for the convenience of prepackaged, ready to go items) then this secret is for you. In this case, you're going to buy a bunch of fruits and veggies but instead of putting everything away when you get home, you're going to immediately take action.

Meaning, for the veggies you're going to wash, cut and put in individual sized snack bags or easy to access containers (see through Tupperware type containers work great) so that when you do want to snack, it will already be cut up and ready for you. For fruit, if you bought something like a pineapple for example, take the time now to prepare it so when you do want it, it will be ready. It might take a bit of time to do this all at once, but it will be worth it in the long run when you and your family can just go the fridge and grab a healthy snack that's already prepared.

Secret #3 - Place a fruit bowl on the counter or in the middle of the table

This secret works better for fruit than it does for vegetables but there are some vegetables you could do this with as well. Putting a bowl of fruit in the center of the table or out on the countertop where it is easily seen and easily accessible, makes it more likely that you and your family will grab it to snack on. Think about the old saying out of sight, out of mind. It's true. If you can't see the fruit, you're less likely to reach for it. Make it easy on yourself and your family and place it where you'll see it as soon as you walk into the kitchen.

As you can see these three secrets are an easy way to encourage you and your family to eat more fruits and veggies - something that most of us need to start doing!

Skip The Bread And Substitute With Vegetables Instead

Sandwiches are a quick and easy go to for a lunch or dinner when you don't have a lot of time to prepare anything else. Unfortunately there are a lot of different reasons - from Gluten intolerance to white bread being bad for you, etc - that you should skip the bread. But if the bread is the staple of a sandwich, how can you still enjoy a favorite meal without it?

It's easy when you know have these tricks up your sleeve.

Trick #1 - Use Lettuce

Yes, you read that right. Lettuce is a great alternative to bread when you really want a sandwich. Romaine lettuce or other large leafy greens like cabbage, Bibb lettuce or red lettuce work best because they're full of more nutrients than iceberg lettuce, for example. And they also tend to be a bit sturdier and won't fall apart so easily.

Here are just a few suggestions of ingredients you can use to create a lettuce sandwich:

- Chicken salad
- Tuna salad
- Egg salad
- BLT (bacon, lettuce, tomato)
- Turkey
- Ham
- Any type lunchmeat
- Cheese
- Tomato
- Onion
- Anything you can think of

Trick #2 - Use Cucumbers

This trick takes a little bit of time but I promise you, it's worth it. In order for this one to work, you need to cut the cucumber in half lengthwise and then hollow it out. The reason you need to hollow it out is because that's where you're going to stack your sandwich ingredients. The same ingredients mentioned above work perfect in this case too.

And here are a few more ways you can create delicious breadless sandwiches. A couple of these ideas - banana Nutella sandwich and peanut butter, chocolate chip and apple sandwich - are the perfect snack for a picky eater who often makes a face at the mention of fruit or vegetables.

- Banana Nutella Sandwich
- Peanut Butter, Chocolate Chip and Apple Sandwich
- Lettuce Wrap Tacos
- Red pepper sandwich (use the red peppers as bread)

There you have it, two quick and easy tricks to help you skip the bread and create a healthier sandwich alternative. Get creative and see all the different ways you can come up with to skip the bread and instead get more fruits and vegetables into your diet.

The Secret Behind Meatless Mondays

The Meatless Monday concept has been around since 2003, when it was founded by marketing professional Sid Lerner. And it's getting bigger and bigger as time goes on, with more and more people embracing it including hospitals, schools, restaurants and households around the world!

According to Wikipedia Meatless Mondays means:

An international campaign that encourages people to not eat meat on Mondays to improve their health and the health of the planet.

While this article doesn't have anything to do with Meatless Mondays' premise to improve the health of the planet by going meatless, it does focus on improving health by going meatless. And we're going to take it one step further and talk about how going meatless one day a week can be a great way to add more fruits and vegetables into your diet. So, let's jump right in and get to the...well, the 'meat' of this article.

Going meatless one day a week gives you the perfect opportunity to add in some extra fruits and veggies to your diet which are essential because they provide antioxidants, vitamins and minerals your body needs. And if you're anything like many other people out there, you don't come close to eating the recommended amount of fruits and vegetables so finding ways to sneak some extras in is important.

When choosing fruits and vegetables to add to your Meatless Monday meals be sure and choose a variety of them so you have a range of different textures and colors which aides in helping your body get all those different vitamins and minerals.

To give you an idea of what a Meatless Monday recipe looks like, here is one for your convenience. It's not only quick and easy to make, but sneaks in a serving of vegetables.

Potato, Cabbage and Carrot Medley

1/3 cup olive oil
1 onion, thinly sliced
1 Tbsp. garlic, minced
8 potatoes, cut into quarters
1/2 tsp. pepper
1 tsp. salt
1/4 tsp. cinnamon
1/2 tsp. cumin
2 large carrots, thinly sliced
4 cups cabbage, shredded
1 tsp. lemon juice

Over medium heat, heat the olive oil and then add the onion, garlic and potatoes. Cook for 8-10 minutes. Now add the pepper, salt, cinnamon, cumin and carrots. Sauté for 8-10 minutes, stirring occasionally. Now add the cabbage and sauté for another 8-10 minutes. Now add the lemon juice and stir well. You can serve as is or serve with a slice of bread.

If you need a resource for more meatless recipes, you will find a bunch here <http://www.meatlessmonday.com/favorite-recipes/>. You can also do a Google search and find many more to choose from.

Now that you know the secret behind Meatless Mondays and how it can help you add more fruits and vegetables to your diet, take this opportunity to start eating healthier – at least one day per week. Get creative and see what kind of recipes you can come up with that use a wide variety of different fruits and vegetables.

Vegetable Soup As An Appetizer – An Easy Way to Eat Fewer Calories and Get Your Veggies In!

If you are like most people in the US, you aren't getting enough fruits and vegetables in your diet. The recommended daily serving is at least five! With the hustle and bustle of busy lives and access to so much fast food and convenience foods, it's no wonder people aren't eating enough of them.

But that's no excuse. You should still make a conscious decision to do what you can to ensure that you're eating more fruits and vegetables.

Another reason so many people don't eat more vegetables is because they don't like eating them plain. Whether it's the texture or the taste, plain vegetables just aren't an option for some so instead they skip them altogether. That's the great thing about vegetable soup, though - it makes eating vegetables easier because they're combined with a broth and plenty of seasonings.

Not only is starting your meal with vegetable soup a good way to eat more vegetables, it also prevents you from over indulging on higher calorie foods when the main meal is served because the liquid (broth) and fiber rich vegetables make you feel full quicker. Research has even shown that those who start a meal by eating soup first, actually consume 20% less calories than those who don't!

Below is a quick and easy very basic vegetable soup that is packed full of flavor and only takes about 30 minutes to cook.

Basic Vegetable Soup

1 cup whole kernel corn
14 ounces chicken broth
14.5 ounces diced tomatoes
1 cup green beans
11.5 ounces tomato vegetable juice
1 cup water
1 diced potato
2 diced celery stalks
2 sliced carrots
Salt, to taste
Pepper, to taste

In a large pot, add all ingredients and bring to a boil. Turn heat down and simmer for 30 minutes or until vegetables are tender.

The great thing about vegetable soup is you can add as many or as few vegetables as you like. Of course if the idea is to eat more vegetables, then you'll obviously want to go with adding more instead of less.

If you want an easy way to not only add more vegetables to your diet, but to also help prevent overindulging on higher calorie foods, try starting your meal off with a bowl of hearty vegetable soup. You might just find you come to enjoy the added dose of goodness!

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