



WEEK 5:

Grab Some Leafy Greens

LEAFY

Kale
Collard Greens
Spinach
Cabbage
Watercress
Romaine Lettuce

NIGHTSHADE

Tomatoes
White Potatoes
Peppers (Bell, Cayenne, Paprika)
Eggplant
Pimentos
Goji Berries
Tomatillos

What Are Leafy Vegetables?

Leafy green vegetables are rich in vitamins and minerals and are an important part of a healthy diet. They are low in calories, high in fiber and an excellent source of nutrition. A great way to reach your daily vegetable consumption goal is to include veggies in each meal—starting with breakfast! Add spinach to smoothies, omelets, and quiches for an easy way to start off the day ahead.

What Are Nightshade Vegetables?

Nightshade vegetables, or Solanaceae, prefer to grow in shady areas, and some flower at night—hence the name. These vegetables may stir up a little controversy, but generally speaking, they are low in calories and a great source of nutrients, such as potassium, iron, zinc, Vitamins B1, B6 and K and many more.

Simple Spinach Salad

Ingredients

- 10 oz baby spinach
- 2 apples (granny smith, gala, fuji), sliced thin
- ½ red onion, sliced thin
- ¾ cup toasted pecans
- 1 cup red grapes, halved
- 5 oz goat cheese, crumbled

Instructions

1. Combine salad ingredients.
2. Drizzle your favorite vinaigrette dressing over salad and toss.
3. Add some chicken or shrimp to make it a meal!

