

WHAT EATING VEGETABLES LOOKS LIKE

There has been much discussion lately about the lack of vegetables in peoples' everyday diet. By vegetables, I mean raw, salad type things...not chips, mashed potato, pumpkin soup (all good things and definitely vegetables but not what I mean when I say fill up your plate with 'vegetables')

Below is a photo with a meal of kokkinisto (just snazzy beef stew) and salad. There are 3 different salads and they make up the bulk of the meal. I always have at least this much salad and another 2nd plate of just the 3 salads. So you could say that on my plate about 80 percent is vegetable matter. ALL your meals need vegetables, not just some of them. This is the only way to get balance and variety in your diet. Less animal flesh, MORE raw (if possible) VEG.



You may think 3 salads is a lot of preparation, but 2 of these salads (the bean and the cabbage) can be made in bulk and kept in the fridge for 4 days. So you really only need to whip up a green salad on the other nights and you still have 3.

Here is another meal with grilled chicken and a different 3 salads....again 2 can be made in bulk.



Happy crunching....remember....you have to CHEW for digestion to work properly.