



Bump-Up-Veggie-Flavor Chart

Add a dash, pinch, smidge, so 1/2 your plate at mealtime is scrumptious.



peas

SPICE Italian seasoning Basil Onion, minced or powder Thyme Cumin Chili powder

FRUIT Mandarin oranges

JUICE Pineapple juice Lemon juice

DRESSING Soy sauce Ranch dressing Honey

green beans



SPICE Italian seasoning Basil Onion, minced or powder Oregano Basil Parsley

FRUIT Mandarin oranges

JUICE Pineapple juice Mandarin oranges Tomatoes, diced

DRESSING Soy sauce Teriyaki sauce Chicken broth Ranch dressing Oil & vinegar dressing







broccoli

SPICE Italian seasoning Garlic, minced or powder Onion, minced or powder Mrs. Dash Curry powder Tarragon

FRUIT Pineapple chunks

JUICE Pineapple juice Orange juice Lemon juice

DRESSING Soy sauce Ranch dressing French dressing Oil & vinegar dressing

mixed veggies

SPICE Italian seasoning Garlic, minced or powder Onion, minced or powder Oregano Cumin

FRUIT Mandarin oranges

JUICE Pineapple juice Mandarin oranges

DRESSING Soy sauce Teriyaki sauce



spinach

SPICE

Italian seasoning Garlic, minced or powder Onion, minced or powder Tumeric Curry powder Nutmeg

FRUIT Mandarin oranges

JUICE Apple juice

DRESSING Soy sauce Ranch dressing Oil & vinegar dressing

carrots

SPICE Cinnamon Nutmeg Ginger Garlic, minced or powder Onion, minced or powder Cumin Brown Sugar

FRUIT Lemon zest

JUICE

Apple juice Orange juice Lemon juice

DRESSING Honey Margarine Low-calorie maple syrup

Some of these ingredients can add extra calories, so use just a dash or a pinch—which will punch up the flavor. We suggest using low sodium and low calorie versions of the above ingredients whenever possible.

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