

May TRACKING WORKSHEET

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Consumer leafy greens daily														
Notes (optional)														

15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Spring Greens Challenge

- Spinach
- Kale
- Arugula
- Baby romaine
- Green leaf lettuce
- Turnip greens
- Beet greens
- Watercress
- Endive
- Red leaf lettuce
- Butter lettuce
- Swiss chard
- Collard greens
- Mustard greens
- Escarole
- Radicchio
- Microgreens
- Baby bok choy

Leafy Green Benefits

- Rich in fiber, supporting digestion, gut health, and fullness
- High in vitamin K, important for bone health and blood clotting
- Provide folate, key for energy, brain function, and cell repair
- Packed with antioxidants that help reduce inflammation
- Contain vitamin A for immune health, skin, and vision
- Provide vitamin C to support immune function and iron absorption
- Naturally low in calories but high in volume → helps with satiety
- Contain magnesium and potassium for muscle and nerve function
- Support heart health by helping regulate blood pressure
- Some (like arugula, kale) contain compounds that support detox pathways

Add Greens to Breakfast

- Blend into smoothies (you won't taste them—promise)
- Add to scrambled eggs or omelets
- Toss into breakfast burritos or tacos
- Layer into avocado toast or egg sandwiches
- Mix into savory oatmeal or breakfast bowls
- Sauté with garlic + serve under eggs
- Add to cottage cheese or egg bake casseroles

Add Greens to Lunch

- Base for hearty salads (add protein + carbs for balance)
- Toss into grain bowls (quinoa, rice, farro)
- Layer into wraps, sandwiches, or pitas
- Add a handful to soups right before serving
- Mix into pasta salads
- Use as a bed for leftovers (chicken, salmon, roasted veggies)
- Make a “power bowl” with greens + roasted veggies + dressing

Add Greens to Dinner

- Serve as a side salad with any meal
- Stir into pasta dishes or lasagna
- Add to stir-fries or sautés
- Mix into casseroles or skillet meals
- Use as a base for protein (steak, chicken, fish)
- Wilt into soups, stews, and curries
- Sauté with olive oil + garlic as a simple side
- Add to homemade pizza or flatbreads