



50 WAYS TO LEAVE YOUR LOVE HANDLES

The key for this challenge is to increase the array of fruit and vegetables we eat, to crowd out the bad stuff and super boost our nutritional profile.

Use this as a tick list, to check how many DIFFERENT ones you can include over the next 7 days!

1	ONION	✓	26	OKRA	✓
2	TOMATOES		27	SPROUTS	
3	PEPPERS		28	CHICORY	
4	GARLIC		29	CUCUMBER	
5	GREEN BEANS		30	CORIANDER	
6	CAULIFLOUR		31	WATER CHESTNUT	
7	LENTILS		32	BAMBOO SHOOTS	
8	CARROTS		33	BROAD BEANS	
9	AUBERGINE		34	PEAS	
10	CABBAGE		35	KALE	
11	BEETROOT		36	ASPARAGUS	
12	COURGETTES		37	FENNEL	
13	CHILLIES		38	WATERCRESS	
14	PARSNIPS		39	SPINACH	
15	SWEETCORN		40	RASPBERRIES	
16	CELERIAC		41	ORANGES	
17	SWEET POTATOES		42	APPLE	
18	CELERY		43	BANANAS	
19	SWEDE		44	CHERRIES	
20	TURNIP		45	PEAR	
21	LEEKS		46	PASSION FRUIT	
22	GINGER		47	CRANBERRIES	
23	JERUSALEM ARTICHOKE		48	POMEGRANITE	
24	AVOCADO		49	KIWI	
25	BROCCOLI		50	SATSUMAS	

For more insights check out my Nutrition Blog on www.7secrets.co.uk