

5 Witchy Ways to Eat More Veggies

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By Nathalie Lussier

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Enjoy the witchy ways in which your body thanks
you, once you start eating more veggies.

Sincerely, Nathalie Lussier

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5 Witchy Ways to Eat More Veggies

Plus a Little Known Distinction That Will Help You Lose Weight, Gain Energy, and Thrive!



This isn't about forcing yourself

That's why I'm publishing this guide to eating more veggies. I know people genuinely want to eat their vegetables, but I also keenly remember how bored we can get from eating vegetables the same old way. I assure you that this isn't your grandmother's Brussels sprouts!

Why don't we have this information already?

We're supposed to eat 5 to 10 fruits and vegetables every day. If you've ever tried to actually follow this recommendation, you might have found that it's not as easy as it seems. It's also a bit misleading because the recommendation does not provide any guidance as to what vegetables or fruits will help you lose weight, get healthy, and feel your best. Hmmm?

Where to go from here?

After you've finished reading this quick guide, I want you to commit to actually putting some of my recommendations into practice. Just pick one or two of these easy suggestions, and figure out how you're going to accommodate this change. Just putting in a little bit of thought to plan it out will make actually doing it an almost automatic process.

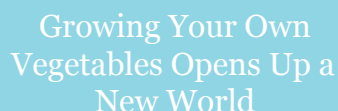
The Secret Distinction Revealed



All Vegetables Were
Not Created Equal



Green Leaves Pack a
Nutritional Punch



Growing Your Own
Vegetables Opens Up a
New World



It's Time To Try New
Varieties of Veggies



The Secret Distinction Revealed

Vegetables. We all know we should be eating more of them. For the longest time, I thought I was eating enough vegetables by filling my plate up with corn, potatoes, carrots, or peas. Then my boyfriend, who grew up in a Chinese household, looked at my plate and asked me where the vegetables were.

"They're right there," I said, pointing at my plate.

"Those aren't vegetables! Vegetables are green and leafy."

That's when it hit me, I had been avoiding a whole food group because I didn't know this important distinction. In the Chinese culture every meal requires at least one green and leafy dish, and things like carrots, potatoes, corn, and peas are considered a completely separate food category.

Why Are Greens So Important?

Leafy green vegetables, often called greens for short, offer a lot of benefits that other types of vegetables can't. Cynthia Stadd, a New York-based holistic health and nutrition counselor says, "Green vegetables are the food most missing from modern diets. They strengthen blood and immune systems, prevent cancer and fight depression naturally."

Here are few more benefits of eating more greens:

- Greens act like a big chimney sweeping brush, cleaning out your insides as they pass through you. The undigested fiber carries toxins out through the colon.
- Greens reduce the risk of heart disease because luteins found in greens prevents arteries from clogging.
- Leafy greens are low in calories, and are perfect for weight management. They are also the most concentrated source of nutrition of any food, calorie for calorie.

The Secret Distinction Revealed

- Many studies have shown that eating more leafy green veggies reduces the risk of many cancers, including: colon cancer, breast cancer, stomach cancer, and skin cancer.
- Greens have a low glycemic index, and a high magnesium content, which means that people with type 2 diabetes can eat lots of them!
- Greens reduce the risk of bone fracture because of the high content of Vitamin K, which contributes to improved bone health. They're also a great source of protein, iron, and calcium.
- The luteins found in greens prevent degenerative eye conditions, keeping blindness at bay.
- Greens are full of sustaining energy, they provide mental clarity, and a boost that keeps on going.

What Are Greens?

There are many different varieties, and you will want to try a vast array, to get the most nutrition and to keep things fresh. There are nearly one thousand species of plants with edible leaves!

Leafy greens can be classified in a few different plant categories. You will be able to recognize them easily at the grocery store by their looks: green leaves! If you plant a garden look for herbs, Cruciferous vegetables in the Brassica family, and lettuce greens.

Here are a few varieties to get you started: kale, swiss chard, spinach, cabbage, bok-choi, dandelion greens, mustard greens, arugula, parsley, coriander, and romaine lettuce, to name a few.

What If I don't Like Greens?

Don't worry, we all start out a little skeptical when we try to include more greens in our diet. Start off slow and increase the amount of greens that you eat every few weeks. You will find that your taste buds adjust to some of the stronger tasting greens, and eventually you will even find yourself craving greens!

Now, let's look at the easiest way to increase your green intake: Green Smoothies!

Green Smoothies

Sweet, Delicious, and Oh So
Good For You!



Why Are Green Smoothies Important?

Green smoothies are one of the easiest ways to increase your green intake. They take less than 10 minutes to make, and can be made with a regular blender. Drinking your greens in a smoothie means that you can mask the strong leafy vegetable taste. This makes green smoothies a great way to introduce more greens into a child's diet, as well as your own. Because green smoothies also contain fruit, they provide you with lots of energy, and can be enjoyed first thing as a healthy and sustaining breakfast!

What Is a Green Smoothie?

A green smoothie consists of 60% sweet fruits, and 40% green leafy vegetables. You can use any sweet fruit you enjoy. I recommend including a banana or two, because these make your smoothie smooth and sweet. You can also add pineapple, berries, peaches, apples, oranges, or any other fruit in season. Then it's simply a matter of adding some greens: start with spinach since it is mild tasting, then move onto different greens like kale, swiss chard, or romaine lettuce. Swap to different types of greens every few days, to avoid getting burned by overeating one particular leafy vegetable.

How Do You Make a Green Smoothie?

1. Select, wash, and cut your fruits into pieces to facilitate blending. (60%)
2. Place fruits into your blender, starting with the banana.
3. Select, wash, and place your greens into the blender. (40%)
4. Add 1 cup of water, or enough water to enable the blender to blend.
5. Blend until smooth, pour into a glass and drink up!

What If You Can't Eat Sweet Fruits?

You can also make green smoothies with non-sweet fruits, which is useful for diabetics. Simply make a savory green smoothie with cucumbers, tomatoes, zucchinis, and so on.

What If You're Too Busy?

The great thing about green smoothies is that you can make them ahead of time, and store them in the refrigerator overnight in a sealed container. They keep for 2 days.

Green Juices

A Shortcut To Getting Your
“Green” Nutrients



Why Are Green Juices Important?

Green juices are a way to get all of the nutrients of green leafy vegetables, without the burden of digesting all of the dietary fiber. What you're doing when you drink a green juice is essentially giving your body a shortcut to absorbing all the nutrients of greens, without spending any time breaking the greens down.

What Is a Green Juice?

Green juice is essentially green leaves passed through a juicer to remove all of the fiber. You're left with one container full of pulp, and one full of juice. You want to drink your green juice within 10-30 minutes of making it, because the nutrients in your juice will dissipate after being in contact with the air.

How Do You Make Green Juice?

Here is a quick, tasty, green juice recipe that tastes like a lemonade. Feel free to experiment with different ingredients, and remember to switch up your greens every few days!

- 1 bunch kale, spinach, swiss chard, or other dark leafy green
- 1/2 a cucumber
- 2 celery stalks
- 1-2 apples
- 1/2 an organic lemon, rind and all.

What If You Don't Have a Juicer?

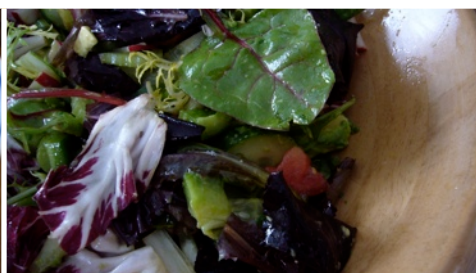
If you don't have a juicer, you can usually find a juice bar that makes fresh green juices. You might also want to try wheatgrass shots, which are made from sprouted wheat berries. You can also buy a juicer that juices greens specifically.

What If It Tastes Too Strong?

If the green juice taste is too strong, try adding different ingredients like carrots, apples, ginger, beets, lemons, and so on. You could also dilute the taste with water.

Green Salads

Putting The Green Back Into
Your Salads



Why Are Salads Important?

Salads are great because you don't need any special equipment, other than a kitchen knife. You can also whip up a salad in less than 15 minutes. The benefit of eating salads with lots of leafy greens is that you get to chew your greens, which helps you digest well, and provides that satisfactory chewing sensation that you don't get with a juice or smoothie.

What Are Salads?

Although we all think we know what salads are, most people are really eating an unhealthy mix of ingredients with a few leaves at the bottom of a bowl. The green salads I'm talking about here are those that are packed with dark leafy greens, not iceberg lettuce. They also contain many other types of vegetables, like tomatoes, cucumbers, bell peppers, and so on. They might also be topped with a healthy salad dressing, but they don't contain any meat, bread, or cheese.

How Do You Make a Salad?

Making a healthy green salad is easy: just wash and cut up your favorite greens into a bowl. Wash and slice any vegetables to top the salad off with. Then drizzle a healthy salad dressing, or a mix of olive oil, lemon juice, and garlic. Dig in and chew your way to a thinner, healthier, and more energized you!

What If I Get Bored With salads?

This is a valid concern, but one that can be avoided if you switch things up every few days. Change the greens you eat, buy different vegetables, try a new dressing, or make your own salad dressing with new ingredients like seaweeds, avocados, or ginger.

What If I'm Eating a Restaurant Salad?

Chances are that salads in most restaurants will be made with iceberg lettuce, and topped with all the stuff you don't want to eat. Ask the server for spinach, or romaine lettuce, and look for other fresh vegetables they might have. You can also bring your own dressing or ask for olive oil and a lemon to squeeze into your salad.

Veggie Wraps

For when you're on the go - or
if you need variety



Why Are Veggie Wraps so Awesome?

Vegetable wraps are a great quick meal option, that add a little variety to your usual salad mix. With a veggie wrap you can also easily use up left over ingredients in one of two ways: you can just chop everything up and throw it in there, or blend your left over veggies into a sauce by adding spices, herbs, or oils.

What is a Veggie Wrap?

A veggie wrap is basically made up of 2 or 3 staples: the wrapper, the sauce/topping, and the vegetable ingredients. There are a few ways to get more green leafy veggies into your wraps too. One idea is to use a leafy green AS the wrapper itself, with a good sized leaf like cabbage, collards, or even a romaine lettuce leaf. Alternatively, you can buy gluten-free sprouted tortillas from companies like Ezekiel, which aren't raw but are still a very healthy option.

How Do You Make a Wrap?

Simply place your wrapper on a plate, put some leafy greens down as your first layer, then add any variety of chopped veggies on top. Next put your favorite sauce, dip, or seasoning. Finally, wrap it up and enjoy!

What If I don't know how to make it tasty?

No sweat, here's a great tasting recipe you can try:

- 1-2 Collard Leaves for the Wrap
- Shredded carrots
- Diced cucumbers
- Healthy scoop of fresh guacamole

Super Easy Guacamole

- 1 chopped ripened avocado
- 1 chopped tomato
- 1 clove garlic finely chopped
- 1/4 lemon juiced
- 1 teaspoon onion powder

Blend all ingredients to your desired consistency.

Veggie Snacks

Not as leafy, but still tasty and nutritious



Why Are Snacking Veggies Important?

The simplicity and taste of “crudites” is sometimes overlooked. If you’re feeling a twinge of hunger, but don’t feel like making yourself anything then of course you’re going to reach for the convenience of junk food or take out. Having already cut vegetables at hand could be enough to sway you into eating more veggies. Witchy, isn’t it?

What Are Snacking Veggies?

Any fresh, raw vegetable that you like chopped into bite sized, scoopable shapes. You can use these pre-cut veggies to dip and dunk into your favorite salsas, guacamoles, hummus, and other yummy veggie dips.

How Do You Make Crudites?

It’s just a matter of chopping up the vegetables as soon as you get home from the grocery store. That’s the magick trick! You need to cut up the vegetables as soon as you get home with them, otherwise the task will look too daunting when you’re actually in the mood to eat. Simply cut the veggies up into bite sized shapes, store them in a sealed container in the refrigerator and enjoy!

What If I don’t have a Dip?

Luckily, I’ve already shared an easy dip recipe in the previous section (for super easy guacamole). And here’s another one you might be interested in making:

- 1/4 cup fresh lemon juice (Alternatively use orange juice instead)
- 1/4 cup Tamari or Soy Sauce
- 1 red bell pepper (remove seeds, chop well)
- 1 cup raw cashews, macadamia nuts, pine nuts or a combination

Blend until smooth & enjoy! (Adapted from Matt Amsden’s Rawvolution book)

Where Do We Go From Here?



Get Equipped

If you're ready to start making Green Smoothies, you will greatly benefit from using a Vita-Mix Blender. Your smoothies will come out really smooth, and you will get the most nutritional benefits from your smoothies! [Buy the Vita-Mix through this link you get free shipping.](#)

If you're ready to start making Green Juices, you should look for a juicer that can juice greens. I personally use the [Omega Masticating Juicer](#), and I've found other great uses for it too, including making delicious frozen fruit desserts.

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Who Am I?

Nathalie Lussier was just a regular candy-loving, chip-eating girl, when I discovered raw food. I can help you install healthy eating habits in a sustainable and loving way so you feel and look better immediately!

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