

## VEGETABLE OPTIONS

Side dishes accompanying protein options should consist of vegetables. 1/4 cup of vegetables can be paired with protein to make a complete, nutritious, and band-friendly meal. **REMEMBER** to stop eating once satisfaction occurs, even if it means discarding uneaten vegetables.

Fresh vegetables are the most nutritious and uncooked/steamed vegetables will provide the most satisfaction. Frozen vegetables still retain most nutrients and canned vegetables retain the **least** amount of nutrients.

### **\*\*Choose fresh vegetables whenever possible\*\***

Green vegetables are usually the lowest in starch and sugar content. Bright green vegetables are the **best** option. The following is a list of band-appropriate vegetable choices for optimal nutrition and weight loss support:

- Alfalfa sprouts
- Arugula
- Asparagus
- Bamboo shoots
- Bell peppers
- Broccoli and Brussel sprouts
- Cabbage
- Carrots
- Cucumbers
- Mushrooms
- Okra
- Onions
- Peas (including Snow peas and Sugar snap peas)
- Romaine lettuce
- Scallions
- Spinach
- String beans
- Zucchini

**SPICES:** (Use any of these herbs/spices on protein and vegetables)

- Basil
- Bay leaves
- Celery seed
- Chili powder
- Cinnamon
- Cumin and Curry
- Dill
- Garlic
- Ginger and
- Nutmeg
- Oregano
- Paprika
- Pepper (including black pepper and cayenne pepper)
- Rosemary
- Thyme