## Week 3 challenge:

# Get colourful with veggies

**Olá Nandocas,**

Welcome to **Week 3 of our 10-Week Consistency Challenge!**

Last week we powered up with protein. This week, we're adding some colour to our plates with vegetables, one of the easiest ways to boost your nutrients, fibre, and overall wellbeing.

Whether you're smashing your movement goals, walking a little more, or simply looking after your wellbeing, vegetables help fuel your body, support digestion, and keep you feeling your best.

**This Week's Challenge: Get Colourful with Veggies**

A simple guideline is to fill half your plate with vegetables at each main meal, aiming for a mix of colours throughout the day.

## Easy ways to add add more veggies to your day:



Add spinach, peppers, or onions to your eggs or wraps



Snack on carrot sticks or cherry tomatoes



Bulk up soups and stews with extra veg



Swap a side of chips for a side salad



Keep frozen veggies on hand for busy days

## Your mission this week:

Fill half your plate with **vegetables at every meal** and take note of how you feel. More energy, better digestion, and a plate full of colour are all wins worth celebrating.

Remember, **big results come from small actions** repeated consistently. Let's stay fired up, keep showing up for ourselves, and take this challenge one meal, one day, one choice at a time. Together, we're building healthier habits that help us thrive.

**You've got this, Nandocas!** Remember that you should always consult your Doctor if you have any concerns around your diet, energy levels etc. Alternatively, you can use our Sizani as they have the right information you may need on Nutrition and Physical wellbeing.

**Siya Phila**
Firing up your wellness

Siya Phila
Firing up your wellness