DR. PURCELL'S 10/10/10 FORMULA

HOW TO GET 10 SERVINGS OF FRUITS & VEGETABLES A DAY

Serving Size Guide

* 1 VEGGIE = ½ cup cooked veggies or 1 cup raw veggies
* 1 FRUIT = ½ cup sliced or whole berries, 1 tennis ball sized fruit, ¼ cup dried fruit, or 2-3 dates.
* 1 DRINK = 8oz of water, low sugar fruit juice, green juice, or electrolyte replacement (coconut water, lime-aid, aloe water)

Meal Planning

What you will see is that there are MANY opportunities to get in 10 servings each day. Stay ahead by jumping in with breakfast. It is easier to hit the goal by front loading your day with plants. As the day goes on it becomes harder to "catch-up".

5-9AM BREAKFAST (Aim for 3 servings)
10AM SNACK (aim for 2 servings) – the easiest snack includes both a fruit and a vegetable. (apple slices and carrot sticks)
11-1PM LUNCH (aim for 3 servings) – A power packed lunch is a salad with lots of colors. Think RAINBOW
2-4PM SNACK (aim for 1-2 servings) – A berry bowl hits the spot here.
4-6PM DINNER (aim for 1-2 servings) – protein, resistant starch, vegetable
DRINK (aim for 1-2 servings) – green juice, low sugar fruit juice, electrolyte replacement

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