

Banish the Beige

from The Lifestyle Circle

What you eat is more important than what you don't eat

The more colourful fruits and vegetables you add to your diet, the healthier you and your skin will be.

- Add mixed berries or banana and seeds to your porridge
- Make a veggie omelette with kale, peas, peppers, courgettes or asparagus
- Add spring onions, tomatoes and spinach to scrambled eggs
- Serve asparagus with poached or boiled eggs
- Top your toast with avocado, tomatoes, eggs or banana
- Make your own smoothies and add a handful of spinach or kale
- Fill half of your plate with vegetables or salad
- Add onion, garlic, peppers, broccoli and sugar snap peas to your stir-fry
- Add a teaspoon of turmeric and some frozen peas to rice as you cook it
- Make sweet potato fries; white potatoes don't count towards your 5-a-day
- Top your shepherd's pie with sweet potato, carrot or turnip
- Make homemade soup and load it with vegetables
- Use half meat, half vegetables in chilli, curries, stews and pasta dishes
- Snack on cucumber, carrots, sugar snap peas and peppers with hummus
- Get a spiralizer and make courgette, carrot or butternut squash spaghetti
- Add lemon, lime, ginger, mint leaves, cucumber or any fruit to your water

