

# Go for 2 fruit and 5 veg



- ▲ How to Go for 2 fruit and 5 veg?
  - Have fruit or veg sticks and hummus for a snack
  - Base your meal around veg rather than meat
  - Switch meat for lentils at least once a week or add lentils to your meals
  - Buy canned or frozen options where available so you always have some fruit and veg on standby

# Veg And 2 Veg

**Daniela Niemeyer**



**Veg And 2 Veg:**

Uncover the mysteries within Explore with is enigmatic creation, **Veg And 2 Veg** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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