

FIVE A DAY CHALLENGE 2021

Thanks for signing up for Fluid's Five A Day Challenge!

Let's first define what we are doing...

Who: You! I'm so glad you are joining us on the journey!

What: Fluid's Five A Day Fruits and Veggies Challenge. Your goal by day 21 is to eat **5 fruits and veggies a day**.

Including:

- Whole, minimally processed foods
- All the colors of the rainbow
- Cruciferous vegetables, like broccoli, arugula, brussels sprouts, cauliflower, kale, collards, and cabbage

When: May 1st - May 21st.

Where: Online. You will receive emails from me each week. Please join us for the in person wrap party Saturday May 22nd if you are local.

Why: To look and feel your best! Did you go through your "Five Whys" exercise? If not, can you do so right now?

Who am I to tell you what to eat?

I'm Anne McCranie, owner of Fluid Movement + Massage LLC. I'm a personal trainer, and licensed massage therapist who loves to cook, eat, and share delicious food.

What this ain't:

This is not a meal plan. I am not offering specific medical or dietary advice.

This challenge is not suitable for those who suffer from disordered eating, or have medical issues, like diabetes, or high blood pressure, that are not being managed by a physician.

This is not a fast, cleanse, or "diet" (at least in the sense of how most of us think of that word). If changing the foods you eat right now would negatively impact your health, this challenge is not for you.

Who is this suitable for?

- You want to feel better physically, emotionally, energetically
- You want to learn how to incorporate more veggies into your (and your family's) diet
- You want new dinner ideas
- You need help getting healthy meals on the table
- You want to improve your sleep (and your poops)

What is a fruit/ vegetable?

For this challenge we will define it as: **Anything grown in the ground, on a tree, or in the ocean.** Especially on week 1, we will not be splitting hairs over the minutia of whether a tomato or avocado is a fruit, can you eat potatoes, what is the sugar content of a ripe vs unripe banana.

Don't worry about it.

Think big picture, colors, textures, fiber. We're working towards eating more green leafys, and adding variety to our diets.

What is a "serving size"?

- Raw green leafys: (spinach, lettuce, kale) 1 cup
- Fresh fruit: (apple, banana) the size of your fist
- Dried Fruit: (raisins, strawberries) 1/4 cup

Think of **dried nuts, dried fruits and juices** as occasional bonus treats.

Fresh, and local produce will have the most vitamins and minerals, life force. Often frozen or canned produce is picked at the height or ripeness, then quickly processed, so it is still very nutritious. **Do not fear frozen!**

Whole foods vs. smoothies:

Smoothies can be a quick, convenient way to introduce veggies into your diet. You can start with fruit and yogurt, then add spinach or other greens slowly as your tastes adjust to the less sweet, and more bitter flavor.

I personally do not drink smoothies because they make my tummy hurt. You are welcome to try these and see how your body reacts.

**Remember, we are being curious about our bodies.
What is right for me right now?**

Helpful links:

What are whole foods?

<https://www.hcf.com.au/health-agenda/food-diet/nutrition/what-are-wholefoods#:~:text=The%20whole%20food%20advantage> HYPERLINK

Why eat all the colors of the rainbow?

<http://www.winmedical.org/our-services/clinics/family-medicine/healthy-eating/the-importance-of-a-colorful-diet/#:~:text=Colorful%20foods%2C%20which%20are%20generally,loss%2C%20hypertension%20and%20other%20diseases.>

Beginners guide to cruciferous vegetables:

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/the-beginners-guide-to-cruciferous-vegetables>

What is a serving size?

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes>

Over the next 21 days, I will ask you to plan, track, and assess.

Planning:

- Will you cook from scratch, get takeout, or a combination of the two?
- Will you get pre-chopped veggies from the grocery store, or order from a meal delivery service?
- Will your weeknight and weekend dinners look different?

Really think about what will work for YOU, right now. What is realistic knowing your schedule, and how you feel about cooking?

Tracking:

- Will you remember what you ate?
- Will you log it in your calendar, or a spreadsheet?
- Will you take photos of your meals on your phone (if so can you send them to me, or post to Instagram or Facebook)?

Assessment:

At the end of each week, I will ask you to assess how you did, then adjust your plan for next week.

Your Week One Assignments:

1. Front load your fridge.

When you open your fridge you should see a blast of beautiful colors and textures. Precut veggies, salads, fruit. In the freezer, you should have to push past the frozen green beans, edamame, berries, and mangoes to get to the ice cream. If the first thing you see when you open the fridge or cabinet is healthy foods, you may be less likely to snack on chips, cookies...

2. Pick one meal and make ½ to ¾ of your plate veggies.

3. Start with fruit.

Cut up a piece of fruit and have it with breakfast. When you want a sweet treat (like I do after a spicy meal) first, have a piece of fruit. Then see if you still want chocolate.

4. Make the steamed broccoli recipe (or your other favorite veg).

By precooking your veggies you will be prepared for if, or when, something unexpected happens, like you get stuck in a meeting. I'm also a fan of precooking grains like rice, and having ready to go proteins, like tempeh, beans, or a rotisserie chicken at the ready. Then you can throw together a quick lunch or dinner even when you are crunched for time.

5. Revisit your “five whys”.

Why are you eating your veggies?

6. Pick one meal where you sit and eat slowly, with minimal distractions, savoring each bite. I talked a bit about digestion in the smoothie video. Almost as important as what you eat is how you eat. If you are gulping down your meals or eating in the car your body may not be able to digest your food as economically as if you take your time, and eat slowly.

7. Cook the One Pot Turmeric Rice and Greens Recipe.

8. Track, assess, and adjust your plan.

How did you do this week? Did you track your meal or can you remember how many fruits and veggies you ate? Do you need help? What will you adjust for this week?

Your Week Two Assignments:

1. Pick three meals this week, and make ½ to ¾ of your plate veggies.

2. Make your own salad bar.

Find, or make all the toppings you loved back when we could get food from salad bars. Can you include crunchy, meaty, fatty, vinegary, salty, and sweet options and include all the colors of the rainbow? Boil a few eggs, or cook off some bacon, or tempeh. Find some high quality feta or parmesan cheese. How about pickled vegetables, roasted red peppers, olives. Sliced celery, shredded beets, or carrots. Find a nice mix of romaine, spinach, arugula, radicchio, or your favorite greens. Imagine someone you really like is coming over and you want to impress them.

3. Make the tahini dressing, or a simple vinaigrette.

4. Experiment with your picky eaters.

In the video I suggest these tips: Don't argue, offer. Let them make decisions about how much they eat, and what recipes you make together.

5. If you want something sweet, first, have a piece of fruit.

6. Make Carrot Salad and Green Soup Recipes.

7. Track, assess, and adjust your plan.

Your Week Three Assignments:

1. For most of your lunches or dinners this week, can you make ½ to ¾ of your plate veggies?

2. Can you eat vegetables for breakfast?

3. What is your food story (more on this below...)?

4. Make the Edamame Salsa, and Basil Pesto Recipes.

5. Eat 1-2 fruits, and 3-4 veggies today!

6. Share a meal with someone, in person or on zoom.

7. Which of these tips or recipes will you keep going forward? What did you learn about yourself?

A little more about our “food story”:

We all have our own unique food philosophy, or food culture. Physiologically, we all react to foods differently.

Some people think cilantro tastes like soap, and beets taste like dirt. Some of us love spicy foods, or pickles. Some of us like a routine, where we eat the same foods every day.

Think about what you ate growing up, and how you view food.

Is eating pleasurable, does cooking feel like a hassle?

In our culture sweet things are common for breakfast. In other cultures, salads, soups, and fatty or salty foods are more common.

What was your experience with this challenge?

Are you mad at me for making you eat vegetables, and try new things?

I love telling the story of when I did one of these veggie challenges years ago and asked my clients to eat vegetables for breakfast. One of my ladies sent me a very strongly worded email about how gross that was, and that her peanut butter toast was a very healthy breakfast!!!

I didn't take it personally, because I knew this was not about me. She had very strong beliefs about what was “healthy” and what was a suitable breakfast food (and I was probably challenging those beliefs).

**This is a great opportunity for you
to reflect and learn something about yourself.**

Here are all our recipes!

Easy Steamed Broccoli

I make for us about once a week. Eric loves it, it's easy, and then I have a stash of veggies ready to throw on a salad, rice, or as a dinner side. Feel free to add a squeeze of lemon, or change up the spices to fit your tastes.

Ingredients:

- One bunch of broccoli, washed, and chopped into bite sized pieces
- Salt and pepper to taste
- Red pepper flakes
- 2 Tablespoons of olive oil
- 2 Tablespoons parmesan cheese

Directions:

1. Fill a large pot with a fingertip or so of water.
2. Place steamer basket inside the pot, place broccoli inside the steamer basket, and sprinkle with salt, pepper, and red pepper flakes.
3. Turn on med-high. When you hear the water boiling and start to smell the broccoli take a peek, stab it with a fork and see if it's done. This should take 1-2 minutes once the water gets going, so don't walk away from it or you will have gross mushy broccoli.
4. Once your broccoli is just cooked - bright green, but still a little firm, turn off the heat and carefully drain the broccoli into a colander in the sink.
5. Take the steamer basket out of the pot and transfer the broccoli back to the cooking pot. Add olive oil, parmesan, and more salt and pepper to taste. Stir to combine and serve.

Edamame Salsa

Courtesy of Kathrine Greene, and her soon to be released "Plant Based Bean Cookbook" find her on IG: [homecookedpdx](#)

Ingredients:

- 1 cup steamed, shelled edamame, cooled
- 1 cup chopped cucumber
- 1 cup quartered cherry tomatoes
- ¼ cup chopped red onion
- Juice of one lime
- ½ jalapeño pepper, seeded and minced
- 2 garlic cloves, minced
- 1 teaspoon salt

Directions:

In a large bowl mix together the edamame, cucumber, tomatoes, onion, lime juice, jalapeño, garlic and salt. Serve immediately, or chill for one hour before serving.

One Pot Turmeric Coconut Rice with Greens

One of my clients emailed me his new favorite N.Y. Times recipe:

Ingredients:

- 2 cups long-grain rice, such as jasmine or basmati
- ½ cup unsweetened coconut flakes
- 1 tablespoon white or black sesame seeds
- 2 tablespoons coconut oil
- 1 scallion, thinly sliced, white and green parts separated
- 1 teaspoon ground turmeric
- ½ teaspoon black pepper, plus more as needed
- 1 (14-ounce) can full-fat coconut milk
- Pinch of saffron (optional)
- Kosher salt
- 1 medium bunch kale, spinach or Swiss chard
- 1 lime

Directions:

1. Rinse rice until water runs clear. Drain and set aside.
2. In a medium pot or Dutch oven, toast the coconut and sesame seeds over low heat, stirring occasionally, until fragrant, 3 to 5 minutes. (Adjust heat as needed to prevent burning.) Transfer to a small bowl. Wipe out the pot.
3. In the same pot, melt the coconut oil over medium-low. Add the scallion whites, turmeric and 1/2 teaspoon black pepper and cook, stirring, until aromatic and lightly toasted, 3 to 5 minutes.
4. Add the rice, coconut milk, saffron (if using), and 1 1/2 teaspoons salt. Fill the empty can of coconut milk with water and add it to the pot. Give the mixture a good stir to separate any lumps and bring to a boil over medium-high.
5. Once boiling, cover, turn the heat to low, and simmer for 10 minutes.
6. As rice cooks, remove and discard the tough stems of the leafy greens, if needed, and cut or tear the leaves into bite-size pieces. When the rice has cooked for 10 minutes, arrange the greens on top of the rice in an even layer and season well with salt and pepper. Cover, and cook until the rice is tender, 5 more minutes. Remove from heat and let sit, covered, 5 minutes.
7. As rice rests, zest the lime and cut it into 4 wedges. Add 1/2 teaspoon zest to the coconut-sesame mixture, along with the scallion greens. Season with salt and pepper and stir to combine.
8. Gently stir the greens into the rice using a spatula or fork, season to taste with salt and pepper. Divide among bowls. Sprinkle the coconut mixture on top and serve with a lime wedge for squeezing over.

The BEST Garlic Ginger Tahini Dressing

From Erin Vanderkooy <https://erinvanderkooy.com/>

Makes roughly 1 cup of dressing

Ingredients:

- 4 cloves garlic, minced
- 1 inch of ginger, chopped (roughly 2 tbsp.)
- 1/4 cup lemon juice
- 1/2 cup tahini
- 1/2 tsp. sea salt
- Pinch of cumin
- 2 tbsp. extra virgin olive oil
- 2-4 tbsp. filtered water (or more depending on your preference)

Directions:

1. Combine all the ingredients except the water in a bowl and whisk hard
2. Slowly add water until you reach desired consistency
3. This sauce is good on top of rice bowls, any kind of cooked vegetable (steamed, roasted, sautéed, etc.), as a salad dressing, on top of fish or meat... the list is endless. It adds a little pop to the simplest of meals. Make this once for the week and make your meals sing!

Dijon Carrot Salad

This is a traditional French style salad. Fresh herbs really make it pop, you could use dill as well as parsley.

Ingredients:

- 1-pound carrots, peeled and grated
- 2 tsp. Dijon mustard
- 1 tbsp. freshly squeezed lemon juice, from one lemon
- 2-3 tbsp. extra virgin olive oil
- 1-2 tsp. maple syrup, to taste
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper, to taste
- 2 tbsps. chopped fresh parsley
- 2 finely sliced scallions

Directions:

1. In a large bowl, combine the Dijon mustard, lemon juice, maple syrup, olive oil, salt and pepper.
2. Add the carrots, fresh parsley and scallions and toss well. Taste and adjust seasoning if necessary.
3. Cover and refrigerate until ready to serve.

Basil Pesto

From Salt, Fat Acid Heat. Samin Nosrat's recipes are amazing. I love how she uses all these elements to create beautiful, delicious food. Think of this as you are creating your meals (especially greens) do I need to add a little vinegar? Does my salad dressing need more fat (yes, yes it does)? <https://www.saltfatacidheat.com/fat/basil-pesto>

Adapted from Lidia Cavari

Ingredients:

- ¼ cup (30 grams) pine nuts
- 1 medium clove garlic, peeled
- 2 cups (70 grams) tightly packed basil leaves, preferably Genovese
- ⅔ cup (60 grams) finely grated Parmigiano-Reggiano, plus more for serving
- ⅓ cup (30 grams) finely grated pecorino, preferably pecorino sardo
- Sea salt
- ⅓ cup (80 milliliters) extra-virgin olive oil, plus more as needed
- 1 pound of spaghetti

Directions:

1. Set a large pot of water to boil over high heat.
2. Use a mortar and pestle to pound and grind the pine nuts to a fine paste (no distinct pieces should be visible). Add the garlic and pound until smooth and integrated.
3. If the basil leaves are very large, run a knife through them once or twice to cut them down in size. Add basil to pine nuts along with a pinch of salt, which will help break down the leaves. Continue pounding and grinding until the basil breaks down completely (if your mortar is small, pound the basil in batches), about 7 minutes. Once the nuts and basil combine into a thick green paste, stir in Parmesan, pecorino, and oil. Taste and adjust salt as needed.
4. Generously season water with salt. Cook pasta until al dente, then drain, reserving a cup of cooking water. (Tip: heat your serving bowl by using it as a lid for pasta pot)
5. Place cooked pasta in serving bowl and stir in pesto. Add splashes of cooking water and olive oil as needed to loosen the sauce and ensure the pasta is evenly coated. Garnish with Parmigiano and serve immediately.

Notes: Pesto can also be made in a food processor. Immerse any leftover pesto in olive oil. Cover and refrigerate for up to 2 days.

Spring Green Soup (from Anne's website):

Ingredients:

- 1 Tbsp. butter
- 1 Tbsp. olive oil
- 1 leek, white and light green parts, chopped
- 2 tsps. sea salt
- 3 cups of chicken stock
- 5 cups fresh spinach (about 6-8 oz.)
- 2 1/2 cups frozen green peas (12 oz.)
- 1 cup plain (unsweetened) Greek yogurt
- 1/2 cup flat leaf parsley, chopped
- 2 Tbsp. fresh mint, chopped
- 1 Tbsp. lemon juice (1/2 of a lemon)

Directions:

1. Heat oil and butter over medium heat.
2. Add leeks and salt, and sauté for 5 minutes, or just enough to soften the leeks.
3. Add broth and bring to a boil.
4. Add peas and spinach and cook 3-4 minutes, or until spinach is wilted. Turn off soup and let it sit for a minute.
5. Carefully transfer soup to a blender (or use an immersion blender right in the pot). Add yogurt, parsley, mint and lemon juice and blend until the soup is smooth.
6. To serve, garnish with a few sprigs of mint, a squeeze of lemon or a splash of olive oil. Can be served warm or chilled.

Fluid's Five A Day Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 www.fluidmassage.com						1 Make your plan.
2 Buy/ prep/ make or order food for this week. Front load your fridge.	3 Pick one meal where 1/2 - 3/4 of your plate is veggies.	4 Start with fruit. Have a piece of fruit for breakfast, or a snack	5 Steam broccoli (or your other favorite green vegetable)	6 Think about your "Five Whys".	7 Sit and eat one meal slowly, savoring each bite, noticing colors and textures.	8 Check in/ assessment/ make new plan. Make the One Pot Rice and Greens recipe.
9 Plan your meals.	10 Pick three meals this week, and make 1/2 - 3/4 of your plate veggies.	11 Make your own salad bar! Boil a few eggs, shred carrots, find pickled vegetables etc.	12 Make, or try a new sauce - tahini dressing	13 Experiment with your picky eaters (remember, no arguing).	14 If you want something sweet, first have a piece of fruit.	15 Check in/ assessment/ make new plan. Make carrot salad, and green soup recipes
16 Shop/ plan/ prep for this week.	17 For most of your meals this week, can you make 1/2 - 3/4 of your plate veggies?	18 Can you eat vegetables at breakfast?	19 Think about your "food story". Your past, preferences, and ideas about food.	20 Make edamame salsa, or basil pesto.	21 Eat 1-2 fruits and 3-4 veggies today!	22 Party in the park! Or, can you share a meal with someone?

Notes: What about this challenge feels easy? What feels hard? What will you keep as a permanent change?