

My Favorite Ways to Eat More Greens

Marieruggles.com

Specializing in Pre-Diabetes, Cholesterol, Triglycerides, Bone Health & Constipation

Arugula Salad + Chunks of Fresh Navel Orange + favorite (homemade) dressing



Pesto on pasta, chicken, or sandwiches. To make it easy, buy prepared pesto and blend in more greens (parsley, dandelion greens, broccoli sprouts, kale) & pine nuts.



Spinach Omelet



Spinach in Soup

