

Go for 30+ plants weekly!

A diverse range of plant foods helps nourish your gut and support overall health. Use the table below to tick off the different plant foods you eat each week. Aim for 30 varieties, but remember - the more, the better!

Vegetables

<input type="checkbox"/> Asparagus	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Carrot	<input type="checkbox"/> Courgette	<input type="checkbox"/> Kale	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Spinach
<input type="checkbox"/> Aubergine	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mixed lettuce	<input type="checkbox"/> Peppers	<input type="checkbox"/> Spring onion
<input type="checkbox"/> Avocado	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Celery	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mushroom	<input type="checkbox"/> Potato	<input type="checkbox"/> Squash
<input type="checkbox"/> Beetroot	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Chard	<input type="checkbox"/> Green beans	<input type="checkbox"/> Onion	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet potato
<input type="checkbox"/> Bok Choy		<input type="checkbox"/> Corn	<input type="checkbox"/> Jerusalem artichoke		<input type="checkbox"/> Rocket	<input type="checkbox"/> Tomato

Fresh Herbs

<input type="checkbox"/> Garlic	<input type="checkbox"/> Mint	<input type="checkbox"/> Thyme
<input type="checkbox"/> Chilli	<input type="checkbox"/> Chives	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Coriander	<input type="checkbox"/> Ginger	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Dill	<input type="checkbox"/> Basil	
<input type="checkbox"/> Parsley	<input type="checkbox"/> Oregano	

Nuts & Seeds

<input type="checkbox"/> Chia seeds	<input type="checkbox"/> Poppyseeds	<input type="checkbox"/> Almonds
<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Tahini	<input type="checkbox"/> Cashews
<input type="checkbox"/> Pumpkin seeds	<input type="checkbox"/> Nut butter (natural)	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Flaxseeds	<input type="checkbox"/> Pine nuts	<input type="checkbox"/> Hazelnuts
<input type="checkbox"/> Sesame seeds		<input type="checkbox"/> Pistachios

Fruits

<input type="checkbox"/> Apple	<input type="checkbox"/> Boysenberries	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Mandarin	<input type="checkbox"/> Passionfruit	<input type="checkbox"/> Plum	<input type="checkbox"/> Sultanas
<input type="checkbox"/> Apricot	<input type="checkbox"/> Cherries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Mango	<input type="checkbox"/> Peach	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Banana	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Guava	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pear	<input type="checkbox"/> Raisins	
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Dates	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Orange	<input type="checkbox"/> Persimmon	<input type="checkbox"/> Raspberries	
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Fig	<input type="checkbox"/> Kiwifruit	<input type="checkbox"/> Papaya	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Strawberries	

Pulses

<input type="checkbox"/> Beans	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Lentils	<input type="checkbox"/> Peas
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Wholegrains

<input type="checkbox"/> Brown rice
<input type="checkbox"/> Wild rice
<input type="checkbox"/> Barley
<input type="checkbox"/> Rye
<input type="checkbox"/> Bulgur wheat
<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Teff
<input type="checkbox"/> Millet
<input type="checkbox"/> Sorghum
<input type="checkbox"/> Amaranth
<input type="checkbox"/> Quinoa
<input type="checkbox"/> Oats
<input type="checkbox"/> Popcorn
<input type="checkbox"/> Wholegrain bread
<input type="checkbox"/> Wholegrain crackers
<input type="checkbox"/> High fibre breakfast cereals

