

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

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

Wholegrains

Brown rice
Wild rice
Barley
Rye
Bulgur wheat
Buckwheat
Teff
Millet
Sorghum
Amaranth
Quinoa
Oats
Popcorn
Wholegrain bread
Wholegrain crackers
High fibre breakfast cereals

Fresh Herbs

Garlic	Mint	Thyme
Chilli	Chives	Lemongrass
Coriander	Ginger	Rosemary
Dill	Basil	
Parsley	Oregano	

Nuts & Seeds

Chia seeds	Poppyseeds	Almonds
Sunflower seeds	Tahini	Cashews
Pumpkin seeds	Nut butter (natural)	Walnuts
Flaxseeds	Pine nuts	Hazelnuts
Sesame seeds		Pistachios

Fruits

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

Pulses

Beans	Chickpeas	Lentils	Peas
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