

30 Plants Challenge

Planting seeds of good health

| | | | | |
|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |

30 Plants Challenge

Eating 30 or more different plants per week is associated with diverse gut microbiomes and overall health. Use this list as a guide to help you plan your meals, shop, and fill in your challenge sheet. Can you reach 30 (or more!) each week?

Fruit

Apple
Apricot
Banana
Blueberries
Cantaloupe
Coconut
Dates
Figs
Grapes
Grapefruit
Honeydew
Kiwi
Mango
Olives
Orange
Papaya
Peach
Pear
Persimmon
Plum
Pomegranate
Raisins
Raspberries
Strawberries
Watermelon

Vegetables

Acorn squash
Arugula
Asparagus
Avocado
Boston bibb lettuce
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrot
Celery
Cauliflower
Collard greens
Cucumber
Eggplant
Fennel
Garlic
Iceberg lettuce
Jalapeno
Kale
Lemon
Lime
Okra
Onion
Parsnip
Peppers
Pumpkin
Red leaf lettuce
Radish
Romaine lettuce
Snap peas
Spinach
String beans
Swiss chard
Tomato
Turnips
Watercress

Grains & Starchy Veggies

Barley
Brown rice
Buckwheat
Corn
Farro
Peas
Quinoa
Red potato
Sweet potato
White potato
Whole wheat
Yucca

Nuts & Seeds

Almonds
Brazil Nut
Chestnut
Cashews
Chia Seeds
Flax seeds
Macadamia
Hazelnut
Hemp Seeds
Pecans
Pine Nut
Pistachios
Pepita (pumpkin) seeds
Sunflower seeds
Walnuts

Beans & Legumes

Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Soy beans (edamame, tofu)
Fava beans
Kidney beans
Lentils
Lima beans
Navy beans
Peanuts
Pinto beans

Fresh Herbs

Basil
Chives
Cilantro
Dill
Garlic
Ginger
Mint
Parsley