SEED NUTRITION

30+ Plants challenge

Aim for at least 30 DIFFERENT plant foods each week.

Diverse plant intake = diverse gut bugs = resilient and healthy gut

Vegetables

- Asparagus
- Avocado
- Beetroot
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cucumber
- Capsicum
- Carrot
- Cauliflower
- Celery
- Corn
- Eggplant
- Fennel
- Green beans
- Lettuce
- Kale
- Mushroom
- Onion
- Potato
- Parsnip
- Pumpkin
- Silverbeet
- Radish
- Spinach
- Sweet potato
- Tomato
- Zucchini

Herbs/ Spices

- Garlic
- Chilli
- Coriander
- Basil
- Dill
- Parsley
- Mint
- Chives
- Ginger
- Tumeric
- Oregano
- Thyme
- Lemongrass
- Cumin
- Cinnamon
- Rosemary

Fruit

- Apple
- Apricot
- Banana
- Berries
- Melon
- Cherries
- Dates
- Fig
- Mandarin
- Orange
- Kiwifruit
- Grapes
- Pawpaw
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Sultanas

Nuts & Seeds

- Chia
- Sesame
- Sunflower
- Pumpkin
- Flaxseed
- Linseeds
- Poppy seeds
- Tahini
- Nut butter
- Pine nuts
- Almonds
- Cashews
- Walnuts
- Peanuts
- Hazelnuts
- Macadamia
- Pistachio

Wholegrains

- Rice
- Barley
- Rye
- Millet
- Quinoa
- Oats
- Wheat
- Corn
- Buckwheat
- Faro
- Freekah
- Spelt

Legumes

- Kidney beans
- Baked beans
- Chickpeas
- Lentils
- Peas
- Black beans
- Soybeans
- Cannellini beans
- Mung beans

Circle each plant food you eat over a week.

Or, add your own to the list. Can you get over 30?