

# WELCOME TO THE 30 PLANTS CHALLENGE!!

Eat more plants, Boost your health and have fun doing it!

**Are you ready to feel better, eat more variety and give your gut a boost?**

Join us in the 30 plants challenge over the summer to explore a wider range of plant-based foods.

**What is the 30 plants challenge?**

The goal is to eat 30 different plant-based foods over the next 30 days. That includes not just fruit and veg but also wholegrains, nuts, seeds, legumes, herbs & spices.

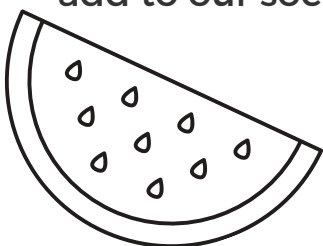
Each unique plant counts once - the more variety the better!

**Why join the challenge?**

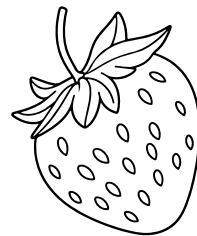
- Improve gut health: A diverse range of plants feeds the good bacteria in your microbiome.
- Boost energy and mood: More plants = more nutrients
- Try new foods: Break out of your routine and discover new favourites
- Fun and Motivating: Track your progress with our easy tick lists or tracker.

**How to take part?**

- Use the tick lists provided or write your own in the blank tracker to mark your progress
- Count each unique plant once
- Share the challenge with your friends/family/colleagues and have fun seeing who can eat the most!
- Share your progress with us - Send us a picture of your list or meals so we can add to our social media to encourage others!



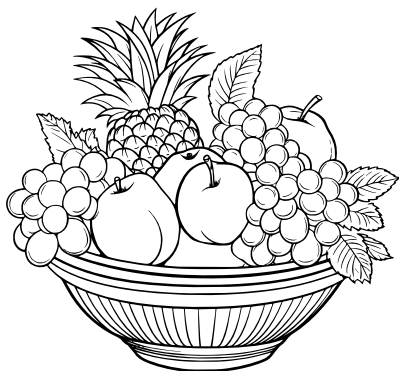




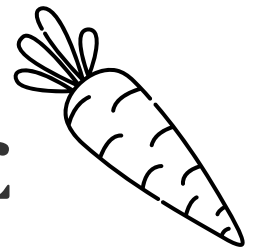
# 30 PLANTS CHALLENGE

How many fruits can you include in the next 30 days?

Apple		Peach	
Apricot		Pear	
Banana		Pineapple	
Blueberries		Plum	
Cherries		Raspberries	
Dates		Rhubarb	
Grapefruit		Strawberries	
Grapes/Raisins			
Kiwi			
Lemon			
Mango			
Orange			
Olives			



# 30 PLANTS CHALLENGE



How many vegetables can you include in the next 30 days?

Beetroot		Onions	
Broccoli		Peppers	
Brussel Sprouts		Radish	
Cabbage		Spinach	
Carrots		Swede	
Cauliflower		Sweetcorn	
Celery		Tomatoes	
Courgette		White Potato	
Cucumber		Rocket	
Green Beans		Bean Sprouts	
Kale		Water Chsestnuts	
Lettuce			
Mushrooms			

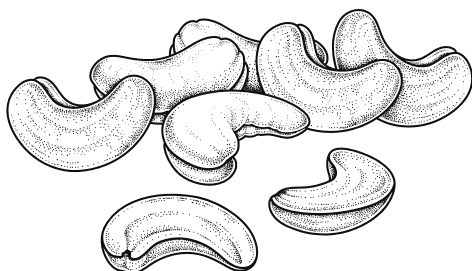


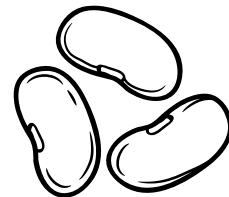


# 30 PLANTS CHALLENGE

How many nuts/seeds can you include in the next 30 days?

Almonds		Walnuts	
Brazil nuts		Chia seeds	
Cashew nuts			
Flax/Linseeds			
Hazelnuts			
Hemp Seeds			
Peanuts			
Pecans			
Pine Nuts			
Pistachios			
Pumpkin Seeds			
Sesame Seeds			
Sunflower Seeds			

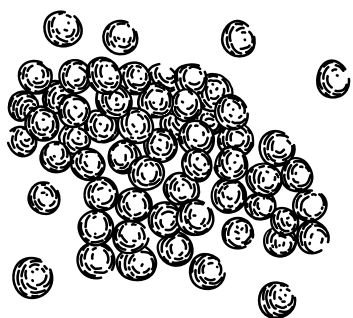




# 30 PLANTS CHALLENGE

How many legumes can you include in the next 30 days?

Black Chickpeas			
Black-Eyed Beans			
Broad Beans			
Butter Beans			
Cannelini Beans			
Chickpeas			
Haricot			
Kidney Beans			
Green Lentils			
Red Lentils			
Peas			
Pinto			
Soybeans/Edamame			

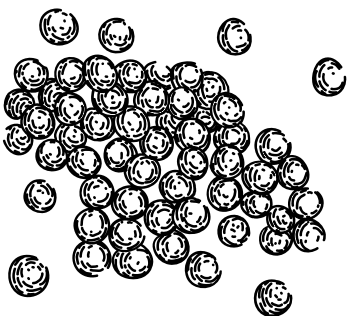


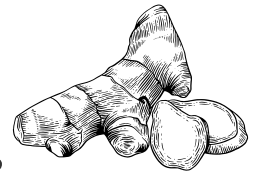
# 30 PLANTS CHALLENGE



How many grains can you include in the next 30 days?

Barley			
Buckwheat			
Cous Cous			
Corn			
Millet			
Oats			
Quinoa			
Rice			
Brown Rice			
Rye			
Whole wheat			
Whole Wheat Pasta			





# 30 PLANTS CHALLENGE

How many herbs & spices can you include in the next 30 days?

Basil		Oregano	
Bayleaf		Paprika	
Black Pepper		Parsley	
Cayenne Pepper		Rosemary	
Chives		Thyme	
Cinnamon		Tumeric	
Coriander			
Cumin			
Dill			
Garlic			
Ginger			
Mint			
Nutmeg			

