

Discover the power of plant diversity for gut health, blood sugar balance, & vibrant energy



National Nutrition Month

30 Plants A Week Challenge



Grains

- ☐ Amaranth
- ☐ Barley
- ☐ Brown Rice
- ☐ Buckwheat
- ☐ Corn
- ☐ Farro
- ☐ Kamut
- ☐ Millet
- ☐ Whole Oats
- ☐ Quinoa
- ☐ Rye
- ☐ Whole Wheat
- ☐ Sorghum
- ☐ Spelt
- ☐ Teff
- ☐ Wheat Berries
- ☐ Wild/Black Rice

Herbs/Spices

- ☐ Basil
- ☐ Cayenne
- ☐ Chives
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cocoa
- ☐ Cumin
- ☐ Dill
- ☐ Garlic
- ☐ Ginger Root
- ☐ Matcha
- ☐ Mint
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ Pepper
- ☐ Sage
- ☐ Thyme
- ☐ Turmeric

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Clementine
- ☐ Craisins
- ☐ Cranberries
- ☐ Dates
- ☐ Dried Fruit
- ☐ Figs
- ☐ Grapes
- ☐ Honeydew
- ☐ Kiwi
- ☐ Lemon
- ☐ Lime
- ☐ Mango
- ☐ Mandarin
- ☐ Orange
- ☐ Nectarine
- ☐ Olives
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ Pineapple
- ☐ Plantain
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Raisins
- ☐ Strawberries
- ☐ Tangerine
- ☐ Watermelon
- ☐

Beans

- ☐ Black beans
- ☐ Black-eyed Peas
- ☐ Butter Beans
- ☐ Cannellini
- ☐ Edamame
- ☐ Fava
- ☐ Chickpeas
- ☐ Kidney Beans
- ☐ Lentils
- ☐ Lima Beans
- ☐ Navy Beans
- ☐ Peas
- ☐ Pinto Beans
- ☐ Split Peas
- ☐ Tofu
- ☐ Tempeh

Nuts/Seeds

- ☐ Almonds
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Chia
- ☐ Flax
- ☐ Hazelnuts
- ☐ Hemp
- ☐ Macademia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pine Nuts
- ☐ Pistachios
- ☐ Pumpkin Seeds
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts

Other

- ☐ Bulgur
- ☐ _____
- ☐ _____

Vegetables

- ☐ Alfalfa Sprouts
- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Beets
- ☐ Bell Pepper
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard Greens
- ☐ Cucumber
- ☐ Eggplant
- ☐ Water Chestnuts
- ☐ Green/String Beans
- ☐ Jicama
- ☐ Kale
- ☐ Lettuce
- ☐ Microgreens
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Parsnips
- ☐ Pumpkin
- ☐ Radishes
- ☐ Rhubarb
- ☐ Scallions
- ☐ Snow Peas
- ☐ Spinach
- ☐ Squash
- ☐ Sweet Potato
- ☐ Tomatoes
- ☐ Turnips
- ☐ White Potato
- ☐ Zucchini