

# Aim for 30+ plants each week

Eating a variety of plants each weeks supports a healthy gut. Using the table below, tick off the plant foods you eat each week. **Your goal is 30 different types – but the more, the merrier!**

## Veggies

<input type="checkbox"/> Asparagus	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Carrot	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Kale	<input type="checkbox"/> Parsnip	<input type="checkbox"/> Spinach
<input type="checkbox"/> Avocado	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mixed lettuce	<input type="checkbox"/> Potato	<input type="checkbox"/> Spring onion
<input type="checkbox"/> Beetroot	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Celery	<input type="checkbox"/> Green beans	<input type="checkbox"/> Mushroom	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sweet potato
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Corn	<input type="checkbox"/> Iceberg lettuce	<input type="checkbox"/> Onion	<input type="checkbox"/> Rocket	<input type="checkbox"/> Tomato
<input type="checkbox"/> Broccoli		<input type="checkbox"/> Cucumber	<input type="checkbox"/> Jerusalem artichoke		<input type="checkbox"/> Silver beet	<input type="checkbox"/> Zucchini

## Fresh Herbs

<input type="checkbox"/> Garlic	<input type="checkbox"/> Mint	<input type="checkbox"/> Thyme
<input type="checkbox"/> Chili	<input type="checkbox"/> Chives	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Coriander	<input type="checkbox"/> Ginger	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Dill	<input type="checkbox"/> Basil	
<input type="checkbox"/> Parsley	<input type="checkbox"/> Oregano	

## Nuts & Seeds

<input type="checkbox"/> Chia seeds	<input type="checkbox"/> Poppyseeds	<input type="checkbox"/> Almonds
<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Tahini	<input type="checkbox"/> Cashews
<input type="checkbox"/> Pumpkin seeds	<input type="checkbox"/> Nut butter (natural)	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Flaxseeds	<input type="checkbox"/> Pine nuts	<input type="checkbox"/> Hazelnuts
<input type="checkbox"/> Sesame seeds		<input type="checkbox"/> Pistachios

## Fruits

<input type="checkbox"/> Apple	<input type="checkbox"/> Boysenberries	<input type="checkbox"/> Fig	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Orange	<input type="checkbox"/> Persimmon	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Apricot	<input type="checkbox"/> Rockmelon	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Kiwifruit	<input type="checkbox"/> Papaya	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Banana	<input type="checkbox"/> Cherries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Mandarin	<input type="checkbox"/> Passionfruit	<input type="checkbox"/> Plum	<input type="checkbox"/> Sultanas
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Custard apple	<input type="checkbox"/> Guava	<input type="checkbox"/> Mango	<input type="checkbox"/> Peach	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Dates	<input type="checkbox"/> Honey dew melon	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pear	<input type="checkbox"/> Raisins	

## Legumes

<input type="checkbox"/> Beans	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Lentils	<input type="checkbox"/> Peas
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## Whole grains

<input type="checkbox"/> Brown rice
<input type="checkbox"/> Wild rice
<input type="checkbox"/> Barley
<input type="checkbox"/> Rye
<input type="checkbox"/> Bulgar wheat
<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Teff
<input type="checkbox"/> Millet
<input type="checkbox"/> Sorghum
<input type="checkbox"/> Amaranth
<input type="checkbox"/> Quinoa
<input type="checkbox"/> Oats
<input type="checkbox"/> Popcorn
<input type="checkbox"/> Whole grain bread
<input type="checkbox"/> Whole grain crackers
<input type="checkbox"/> High fibre breakfast cereals

