CHOOSE YOUR CHALLENGE!

PLANT-BASED EATING CHALLENGE

AIM FOR 30 OR MORE DIFFERENT PLANT-BASED PRODUCTS PER WEEK

VEGETABLES

- [ ] ARTICHOK
- [ ] ASPARAGUS
- [ ] AUBERGINES
- [ ] BEETROOT
- [ ] BROCCOLI
- [ ] BRUSSELS SPROUTS
- [ ] CABBAGE
- [ ] CARROTS
- [ ] CELERY
- [ ] CUCUMBER
- [ ] COURGETTE
- [ ] FENNEL
- [ ] GREEN BEANS
- [ ] MUSHROOMS
- [ ] PARSNIPS
- [ ] ONION
- [ ] PUMPKIN
- [ ] SPINACH
- [ ] AUBERGINES
- [ ] SWEET POTATO
- [ ] TOMATOES
- [ ] CUCUMBERS

FRUITS

- [ ] APPLES
- [ ] APRICOTS
- [ ] AVOCADOS
- [ ] BANANAS
- [ ] BLACKBERRIES
- [ ] BLUEBERRIES
- [ ] CHERRIES
- [ ] STRAWBERRIES
- [ ] CRANBERRIES
- [ ] FIGS
- [ ] GRAPEFRUIT
- [ ] GRAPES
- [ ] LEMONS
- [ ] MANGO
- [ ] POMEGRANATES
- [ ] PLUMS
- [ ] PAPAYA
- [ ] PINEAPPLE
- [ ] RASPBERRIES
- [ ] RHUBARB
- [ ] STRAWBERRIES
- [ ] WATERMELON
- [ ] MELON
- [ ] KIWI
- [ ] ORANGES

HERBS / SPICES

- [ ] BLACK PEPPER
- [ ] BASIL
- [ ] PEA SPROUTS
- [ ] CINNAMON
- [ ] CUMIN
- [ ] THYME
- [ ] GINGER
- [ ] GARLIC
- [ ] OREGANO
- [ ] PARSLEY
- [ ] MELISSA
- [ ] TURMERIC

NUTS AND SEEDS

- [ ] ALMONDS
- [ ] SUNFLOWER
- [ ] ANCHOVIES
- [ ] CANNABIS
- [ ] PISTACHIOS
- [ ] SESAME
- [ ] CHIA
- [ ] FLAX

BEANS

- [ ] PEAS
- [ ] CHICKPEAS
- [ ] SOYA BEANS
- [ ] BUTTER BEANS

CEREALS

- [ ] RICE
- [ ] BUCKWHEAT
- [ ] OATS
- [ ] QUINOA
- [ ] BARLEY
- [ ] RYE
- [ ] WHEAT