

# Take the "Eat 30+ Plant Foods a Week" Challenge



Try to eat 30+ different whole plant based foods a week in addition to your other foods. This includes 1+ servings of: fruits, vegetables, beans, greens, nuts, seeds, rices, whole grains etc. Each type counts as one! For example with beans: black, kidney & white would be three different foods. Print this and keep on your kitchen counter! OR download the spreadsheet below!

By varying your plant food intake to 30+ you get a wider variety of vitamins, minerals, enzymes and fiber. Write each different food you eat below! Try to eat an additional 10+ herbs and spices! STARTS Every Sunday!

**Bronze Level**

1 _____	2 _____	3 _____
4 _____	5 _____	6 _____
7 _____	8 _____	9 _____
10 _____	11 _____	12 _____
13 _____	14 _____	15 _____
16 _____	17 _____	18 _____
19 _____	20 _____	21 _____
22 _____	23 _____	24 _____
25 _____	26 _____	27 _____
28 _____	29 _____	30 _____

**Silver**

31 _____	32 _____	33 _____
34 _____	35 _____	36 _____
37 _____	38 _____	39 _____
40 _____		

**Gold**

41 _____	42 _____	43 _____
44 _____	45 _____	46 _____
47 _____	48 _____	49 _____
50 _____		

Complete guidelines, PDF & Spreadsheet, Facebook Support Community  
and food ideas available at:  
[www.PlusFoods.net](http://www.PlusFoods.net)