



## Journey to 30 August Challenge

Our gut health thrives when we consume many diverse foods containing fiber and phytonutrients. Research indicates that eating at least 30 different plants each week - including fruits, vegetables, whole grains, herbs, and legumes- feeds a wider variety of gut bacteria, providing greater resilience to withstand pathogens, better digestion, and better brain function. And that's exactly what we are doing this month- aiming to eat between 30 and 40 plants each week.

The good news is that you can still eat meat while trying to get to 30 plants and beyond!

The better news is that eating that many plants is easier than it sounds.

Join us in August on a quest to take advantage of summer's bounty and enjoy more fruits, vegetables, grains, seeds, and more!

### How this challenge works:

- This challenge runs 8/4- 8/31
- Use the following weekly log to help you eat 30 or more plants a week
- Send a copy of your weekly logs to Jess by 9/8 to qualify for points and prizes.
- Those who send all 4 logs with a minimum of 20 plants each week will qualify for 15 points. Reach 30 plants in the week and you'll be entered into prize drawings- one entry for each qualifying week.

### What counts?

Any amount of whole and minimally processed foods that grew as a plant.

### What doesn't count?

Juices, dried fruits, and highly processed foods. If you didn't make it and it has more than a handful of ingredients, it probably doesn't count.

## Journey to 30 August Challenge

Name: \_\_\_\_\_

Eating a regular variety of plants supports a healthy gut. Use the table below to record

Week: \_\_\_\_\_

the plant foods you eat in the week. Aim to eat at least 30 different plants each week!

Total plants: \_\_\_\_\_/30

## Veggies

- |                                    |   |                                      |                                   |                                     |                                       |
|------------------------------------|---|--------------------------------------|-----------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Arugula   | <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Cucumber    | <input type="checkbox"/> Kimchi   | <input type="checkbox"/> Potato     | <input type="checkbox"/> Spinach      |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage          | <input type="checkbox"/> Eggplant    | <input type="checkbox"/> Lettuce  | <input type="checkbox"/> Radish     | <input type="checkbox"/> Squash       |
| <input type="checkbox"/> Avocado   | <input type="checkbox"/> Carrot           | <input type="checkbox"/> Fennel      | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Sauerkraut | <input type="checkbox"/> Sweet potato |
| <input type="checkbox"/> Beet      | <input type="checkbox"/> Cauliflower      | <input type="checkbox"/> Green beans | <input type="checkbox"/> Onion    | <input type="checkbox"/> Scallion   | <input type="checkbox"/> Tomato       |
| <input type="checkbox"/> Bok Choy  | <input type="checkbox"/> Celery           | <input type="checkbox"/> Kale        | <input type="checkbox"/> Pickles  | <input type="checkbox"/> Shallot    | <input type="checkbox"/> Zucchini     |
| <input type="checkbox"/> Broccoli  | <input type="checkbox"/> Corn             | <input type="checkbox"/>             | <input type="checkbox"/>          | <input type="checkbox"/>            | <input type="checkbox"/>              |

## Whole Grains

- ☐ Amaranth
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgar
- ☐ Oats
- ☐ Popcorn
- ☐ Quinoa

## Nuts and Seeds

- |  |   |                                      |
|--|---|--------------------------------------|
| <input type="checkbox"/> Chia seeds      | <input type="checkbox"/> Sesame seeds         | <input type="checkbox"/> Almonds     |
| <input type="checkbox"/> Hemp hearts     | <input type="checkbox"/> Coconut              | <input type="checkbox"/> Brazil nuts |
| <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> Nut butter (natural) | <input type="checkbox"/> Cashews     |
| <input type="checkbox"/> Poppy seeds     | <input type="checkbox"/> Pine nuts            | <input type="checkbox"/> Hazelnuts   |
| <input type="checkbox"/> Pumpkin seeds   |   | <input type="checkbox"/> Pistachios  |
| <input type="checkbox"/>                 | <input type="checkbox"/>                      | <input type="checkbox"/> Walnuts     |

## Fresh Herbs

- |                                   |                                 |                                   |
|-----------------------------------|---------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil    | <input type="checkbox"/> Dill   | <input type="checkbox"/> Oregano  |
| <input type="checkbox"/> Chili    | <input type="checkbox"/> Garlic | <input type="checkbox"/> Parsley  |
| <input type="checkbox"/> Chives   | <input type="checkbox"/> Ginger | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Mint   | <input type="checkbox"/> Thyme    |
| <input type="checkbox"/> _____    | <input type="checkbox"/> _____  | <input type="checkbox"/> _____    |

## Fruit

- |                                       |                                     |                                   |                                    |                                       |                                       |
|---------------------------------------|-------------------------------------|-----------------------------------|------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple        | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Guava    | <input type="checkbox"/> Mandarin  | <input type="checkbox"/> Passionfruit | <input type="checkbox"/> Plum         |
| <input type="checkbox"/> Apricot      | <input type="checkbox"/> Cherries   | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Mango     | <input type="checkbox"/> Peach        | <input type="checkbox"/> Pomegranate  |
| <input type="checkbox"/> Banana       | <input type="checkbox"/> Fig        | <input type="checkbox"/> Kiwi     | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pear         | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Lemon    | <input type="checkbox"/> Orange    | <input type="checkbox"/> Persimmon    | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Grapes     | <input type="checkbox"/> Lime     | <input type="checkbox"/> Papaya    | <input type="checkbox"/> Pineapple    | <input type="checkbox"/> Watermelon   |
| <input type="checkbox"/>              | <input type="checkbox"/>            | <input type="checkbox"/>          | <input type="checkbox"/>           | <input type="checkbox"/>              | <input type="checkbox"/>              |

## Legumes

- ☐ Beans
 ☐ Chickpeas
 ☐ Lentils
 ☐ Peas
 ☐ Peanuts
 ☐ \_\_\_\_\_

- Other/Spices**
- ☐ Coffee
  - ☐ Black Tea
  - ☐ Green tea
  - ☐ White tea
  - ☐ Chocolate

- ☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_