## 30 Plants

## Challenge yourself to eat 30 different plants each week!

Count each unique plant only once. Add up your total for the week. Challenge yourself to eat 30+ plants per week.

Nuts, and Seeds = <b>1 Plant</b>	rLeguines,	and Tea = <b>¼ Plant</b>	ee,
			TOTAL
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Tota	I plants for the week:	



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