

# 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.

Fruits, Vegetables, Whole Grains, Beans/Legumes,  
Nuts, and Seeds = **1 Plant**

Herbs, Spices, Coffee,  
and Tea = **¼ Plant**

**TOTAL**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

Total plants for the week: