

30 Plants a Week: A Gluten Free Food Challenge

This is a challenge to eat 30 different plants every week. Try new foods, increase the amount and variety of plants in your regular diet and learn more about the food you eat. Meat, fish, eggs and dairy aren't plants. Eat whatever you want but just **count the plants**. It's like golf; you're only keeping score with yourself.

<u>VEGETABLES</u>	Turnips Zucchini _____ _____ _____	<u>LEGUMES (beans, lentils & peas)</u>	<u>HERBS & SPICES</u>
Acorn squash		Adzuki beans	Basil
Artichokes		Alfalfa sprouts	Cilantro
Arugula		Black beans	Curry
Avocado		Black-eyed peas	Edible flowers
Beans (string)		Chickpeas	Mint
Beets	<u>FRUIT</u>	Great Northern	Oregano
Bok Choy	Apples	Kidney beans	Parsley
Broccoli	Apricots	Lentils	Rosemary
Butternut squash	Banana	Lima beans	Sage
Brussels sprouts	Blackberries	Mung beans (bean sprouts)	Sorrel
Cabbage	Blueberries	Navy beans	Thyme
Carrots	Cantaloupe	Pinto beans	_____
Cauliflower	Cherries	Romano beans	_____
Celery	Coconut	Soybeans (soy sauce /tofu)	_____
Corn	Cranberries	Split peas	_____
Cucumbers	Dates	Tamarind	
Daikon	Figs	_____	<u>GF GRAINS</u>
Eggplant	Goji berries	_____	Amaranth
Garlic	Goose berries		Brown rice
Ginger root	Grapefruit		Millet
Jicama	Grapes (wine)	<u>NUTS</u>	Oats
Kale	Honey Dew	Almonds	Quinoa
Kohlrabi	Huckleberries	Brazil Nuts	Sorghum
Leeks	Jackfruit	Cashews	Sweet rice
Lettuce	Kiwi	Chestnuts	Teff
Mushrooms	Lemons	Hazelnuts	White rice
Okra	Limes	Macadamias	Wild rice
Olives	Mango	Peanuts	_____
Onions	Oranges	Pecans	_____
Parsnips	Papaya	Pine Nuts	_____
Peas	Passion Fruit	Pistachios	_____
Peppers	Peaches	Walnuts	
Potatoes	Pears	_____	<u>MORE PLANTS</u>
Pumpkin	Pineapple	_____	Cacao (chocolate)
Radicchio	Plums		Coffee
Radish	Pomegranate	<u>SEEDS</u>	Tea
Rhubarb	Raspberries	Chia seeds	_____
Spaghetti squash	Saskatoon berries	Flax seeds	_____
Spinach	Strawberries	Hemp seeds	_____
Sweet Potatoes	Watermelon	Pumpkin seeds	_____
Swiss chard	_____	Sesame seeds	_____
Tomatoes	_____	Sunflower seeds	_____