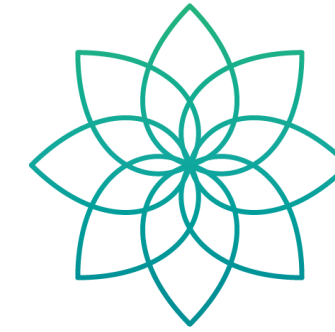


30 Plants a week challenge

DATES:



RHI
HEPPLE
NATUROPATH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRUIT

VEGETABLES

NUTS, SEEDS,

GRAINS & PULSES

HERBS, SPICES

HERBAL TEAS

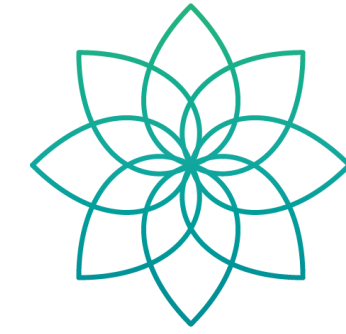
DAILY TOTAL

SCIENTIFIC STUDIES HAVE SHOWN THAT WE WOULD BENEFIT MORE BY CONSUMING 30 DIFFERENT PLANT BASED FOODS ACROSS THE WEEK. THIS HAS BEEN PROVEN TO GIVE US MORE DIVERSE MICROBIAL CELLS IN OUR GUT MICROBIOME.

EACH DAY TRY AND EAT THE RAINBOW, HAVE LOTS OF VARIETY ACROSS THE WEEK.

USE PLENTY OF HERBS AND SPICES. 3CUPS OF HERBAL TEA COUNTS AS ONE PORTION.

30 Plants a week challenge



FRIDAY

SATURDAY

SUNDAY

FRUIT

VEGETABLES

NUTS, SEEDS,

GRAINS & PULSES

HERBS, SPICES

HERBAL TEAS

DAILY TOTAL

TOTAL FOR THE WEEK

TRY AND CONSUME SOME OF THESE EXTRA GUT SUPPORTING FOODS:
 ARTICHOKE, ASPARAGUS, BRUSSEL SPROUTS, BLACK OLIVES, CHICORY, FENNEL BULBS, GARLIC, LEEKS, RED ONION, SPINACH, OKRA, BEETROOT, BROCCOLI, CAPERS. BLACK BEANS, BUTTER BEANS, CHICKPEAS, WHITE BEANS. LINSEEDS, CHESTNUTS, HAZEL NUTS, PECANS, ALMONDS, CASHEWS, PISTACHIOS. CELERY SEEDS, CLOVES, SAGE, THYME, OREGANO, PEPPERMINT, ROSEMARY, SPEARMINT, STAR ANISE, BASIL, CURRY POWDER, GINGER CINNAMON, CARAWAY AND FENNEL SEEDS.