

# 50 Plant Foods This Week Challenge

## Guidelines

1. Aim to eat 50 (or more) different plant foods in 7 days. Plant foods include vegetables, fruits, herbs and spices, nuts, seeds, whole grains, beans, legumes, and liquids like coffee, tea, oils (olive, coconut, avocado, flax). Count every plant food you eat and total it up at the end of the week.
2. Think quality, and variety over quantity. Any little bit of whole and minimally processed plants count. Add a pinch of basil to your salad dressing, count it. Add a squeeze of lime on your taco, count it. Pour yourself a cup of tea, count it.
3. Eat the rainbow. Go for as many colors and varieties as possible. For example, red and yellow beets count as two different vegetables. Use this time to try new foods and cooking techniques.
4. Avoid any foods that you may be sensitive to or that are contraindicated for you.
5. Have fun with this!

	Vegetables and Fruits	Herbs and Spices	Nuts and Seeds	Whole Grains, Beans, and Legumes	Liquids (oils, coffee, tea)
1					
2					
3					
4					
5					
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7					
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9					
10					
11					
12					
13					
14					

	Vegetables and Fruits	Herbs and Spices	Nuts and Seeds	Whole Grains, Beans, and Legumes	Liquids (oils, coffee, tea)
15					
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