



PLANT FOODS






Challenge!

20 VEGETABLES • 5 SEASONAL FRUITS • 5 NUTS & SEEDS
• 5 HERBS • 5 SPICES

20 DIFFERENT VEGETABLES

 1 Broccoli	 2 Cauliflower	 3 Kale	 4 Spinach	 5 Cabbage
 6 Brussels sprouts	 7 Carrots	 8 Beetroot	 9 Courgette (zucchini)	 10 Aubergine (eggplant)
 11 Peppers	 12 Tomatoes	 13 Cucumber	 14 Lettuce	 15 Rocket (arugula)
 16 Green beans	 17 Peas	 18 Asparagus	 19 Leeks	 20 Red onion

5 SEASONAL FRUITS (SUMMER)

 1 Strawberries
 2 Raspberries
 3 Blueberries
 4 Blackberries
 5 Cherries

5 NUTS & SEEDS

 1 Walnuts
 2 Almonds
 3 Chia Seeds
 4 Flaxseeds
 5 Pumpkin Seeds
 6 Hemp Seeds

5 HERBS

 1 Parsley
 2 Basil
 3 Coriander (cilantro)
 4 Mint
 5 Rosemary

5 SPICES

 1 Turmeric
 2 Ginger
 3 Cinnamon
 4 Paprika
 5 Cumin

SEASONAL FRUITS THROUGHOUT THE YEAR

SPRING

- Rhubarb
- Strawberries (late spring)
- Gooseberries
- Early cherries
- Apricots (late spring)



SUMMER

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Cherries



AUTUMN

- Apples
- Pears
- Plums
- Damsons
- Blackberries



WINTER

- Apples (stored)
- Pears (stored)
- Oranges
- Clementines
- Grapefruit



EAT THE RAINBOW!

Aim to include at least three different vegetables with every meal. Different colours provide different nutrients and plant compounds that help support a diverse and healthy microbiome and overall wellbeing.

