CONCIERGE CHOICE PHYSICIANS

The 30 Plants A Week Challenge!

Your challenge is to eat 30 different types of plants per week. Once you have eaten a plant once that week, that's it—you cannot count it again!

What counts? Fruit, vegetables, nuts, seeds, spices, grains and herbs are all on the list—even your coffee tea, chocolate and EVOO count!

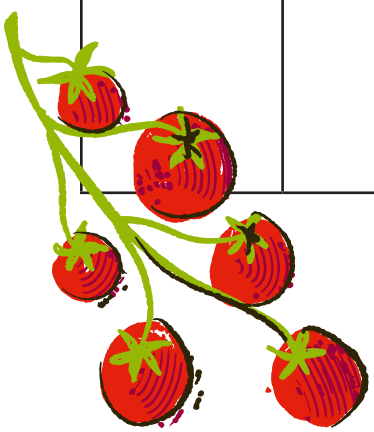
What doesn't count? Juice, because it has been stripped of its beneficial fiber.

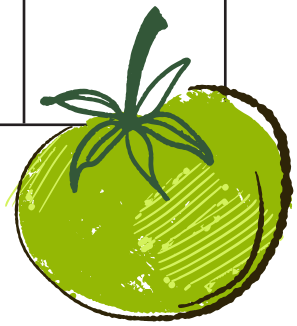
Admittedly, the challenge requires a great deal of planning, shopping and prep work. Smoothies, soups and salads are your friends! But even if you don't hit the 30-in-a-week goal, you still benefit from trying, and it's always good to expand our horizons. You may come to realize you are in a food rut, eating the same foods over and over again.

Pick a week, and log the plants you've eaten each day! Remember, no repeats!

Week of: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun





TOTAL _____