

30 PLANT CHALLENGE

TRACKER

This January, celebrate positive eating with Life Alive's 30 Plant Challenge, created to enrich your gut health by eating 30 diverse plants a week. Track your weekly progress on the back.

CHALLENGE DETAILS & BENEFITS:
lifealive.com/30plants



Vegetables | 1 PLANT POINT EACH

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|--|---|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> ARTICHOKE | <input type="checkbox"/> CARROT | <input type="checkbox"/> JICAMA | <input type="checkbox"/> RADICCHIO |
| <input type="checkbox"/> ARUGULA | <input type="checkbox"/> CAULIFLOWER | <input type="checkbox"/> KALE | <input type="checkbox"/> SCALLION |
| <input type="checkbox"/> ASPARAGUS | <input type="checkbox"/> CELERY | <input type="checkbox"/> LETTUCE | <input type="checkbox"/> SPINACH |
| <input type="checkbox"/> BEET | <input type="checkbox"/> COLLARD GREENS | <input type="checkbox"/> MUSHROOM | <input type="checkbox"/> SQUASH |
| <input type="checkbox"/> BOK CHOY | <input type="checkbox"/> CUCUMBER | <input type="checkbox"/> ONION | <input type="checkbox"/> SWEET POTATO |
| <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> EGGPLANT | <input type="checkbox"/> PARSNIP | <input type="checkbox"/> SWISS CHARD |
| <input type="checkbox"/> BRUSSELS SPROUT | <input type="checkbox"/> FENNEL | <input type="checkbox"/> PEPPER | <input type="checkbox"/> TOMATILLO |
| <input type="checkbox"/> CABBAGE | <input type="checkbox"/> GREEN BEANS | <input type="checkbox"/> POTATO | <input type="checkbox"/> TOMATO |
| | | <input type="checkbox"/> PUMPKIN | <input type="checkbox"/> TURNIP |
| | | <input type="checkbox"/> RADISH | <input type="checkbox"/> ZUCCHINI |

Fruit | 1 PLANT POINT EACH

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|-------------------------------------|---------------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> AÇAÍ | <input type="checkbox"/> CHERRY | <input type="checkbox"/> HONEYDEW | <input type="checkbox"/> PEACH |
| <input type="checkbox"/> APPLE | <input type="checkbox"/> CRANBERRY | <input type="checkbox"/> KIWI | <input type="checkbox"/> PEAR |
| <input type="checkbox"/> APRICOT | <input type="checkbox"/> DATE | <input type="checkbox"/> LEMON | <input type="checkbox"/> PINEAPPLE |
| <input type="checkbox"/> AVOCADO | <input type="checkbox"/> FIG | <input type="checkbox"/> LIME | <input type="checkbox"/> PLANTAIN |
| <input type="checkbox"/> BANANA | <input type="checkbox"/> GOJI BERRY | <input type="checkbox"/> MANGO | <input type="checkbox"/> PLUM/PRUNE |
| <input type="checkbox"/> BLACKBERRY | <input type="checkbox"/> GRAPEFRUIT | <input type="checkbox"/> NECTARINE | <input type="checkbox"/> POMEGRANATE |
| <input type="checkbox"/> CANTALOUPE | <input type="checkbox"/> GRAPE/RAISIN | <input type="checkbox"/> ORANGE | <input type="checkbox"/> RASPBERRY |
| | | <input type="checkbox"/> OLIVE | <input type="checkbox"/> STRAWBERRY |
| | | <input type="checkbox"/> PAPAYA | <input type="checkbox"/> WATERMELON |

Whole Grains | 1 PLANT POINT EACH

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|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> BARLEY | <input type="checkbox"/> QUINOA |
| <input type="checkbox"/> BROWN RICE | <input type="checkbox"/> RYE |
| <input type="checkbox"/> BUCKWHEAT | <input type="checkbox"/> SORGHUM |
| <input type="checkbox"/> CORN/POPCORN | <input type="checkbox"/> SPELT |
| <input type="checkbox"/> KAMUT | <input type="checkbox"/> TEFF |
| <input type="checkbox"/> MILLET | <input type="checkbox"/> WHOLE WHEAT |
| <input type="checkbox"/> OATS | <input type="checkbox"/> WILD RICE |

Legumes | 1 PLANT POINT EACH

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|--|--------------------------------------|
| <input type="checkbox"/> BLACK BEANS | <input type="checkbox"/> LENTILS |
| <input type="checkbox"/> BLACK-EYED PEAS | <input type="checkbox"/> LIMA BEANS |
| <input type="checkbox"/> BUTTER BEANS | <input type="checkbox"/> NAVY BEANS |
| <input type="checkbox"/> CANNELINI BEANS | <input type="checkbox"/> PEAS |
| <input type="checkbox"/> CHICKPEAS | <input type="checkbox"/> PINTO BEANS |
| <input type="checkbox"/> FAVA BEANS | <input type="checkbox"/> SOYBEANS |
| <input type="checkbox"/> KIDNEY BEANS | <input type="checkbox"/> TOFU |

Nuts/Seeds | 1 PLANT POINT EACH

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|---|--|
| <input type="checkbox"/> ALMONDS | <input type="checkbox"/> PEANUTS |
| <input type="checkbox"/> BRAZIL NUTS | <input type="checkbox"/> PECANS |
| <input type="checkbox"/> CASHEWS | <input type="checkbox"/> PILI NUTS |
| <input type="checkbox"/> CHIA SEEDS | <input type="checkbox"/> PINE NUTS |
| <input type="checkbox"/> COCONUT | <input type="checkbox"/> PISTACHIOS |
| <input type="checkbox"/> FLAX SEEDS | <input type="checkbox"/> PUMPKIN SEEDS |
| <input type="checkbox"/> HAZELNUTS | <input type="checkbox"/> SESAME SEEDS |
| <input type="checkbox"/> HEMP SEEDS | <input type="checkbox"/> SUNFLOWER SEEDS |
| <input type="checkbox"/> MACADAMIA NUTS | <input type="checkbox"/> WALNUTS |

Herbs/Spices | 1/4 PLANT POINT EACH

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|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> BASIL | <input type="checkbox"/> MATCHA |
| <input type="checkbox"/> CAYENNE | <input type="checkbox"/> MINT |
| <input type="checkbox"/> CILANTRO | <input type="checkbox"/> NUTMEG |
| <input type="checkbox"/> CINNAMON | <input type="checkbox"/> OREGANO |
| <input type="checkbox"/> CACAO | <input type="checkbox"/> PARSLEY |
| <input type="checkbox"/> CUMIN | <input type="checkbox"/> PEPPER |
| <input type="checkbox"/> DILL | <input type="checkbox"/> SAGE |
| <input type="checkbox"/> GARLIC | <input type="checkbox"/> THYME |
| <input type="checkbox"/> GINGER | <input type="checkbox"/> TURMERIC |

FILL IN A PLANT NOT LISTED

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WEEKLY PLANT POINT TOTAL: