

30 plants checklist

get in loads of colours and different plants to stimulate those trillions of good gut microbes and get a nice diverse community in your gut!

- green beans
- peppers
- broccoli
- carrots
- peas
- sweet potato
- beetroot
- mushrooms
- parsnips
- jerusalem artichokes
- leeks
- onion
- garlic
- kale
- tinned tomatoes
- spinach
- blueberries
- strawberries
- pears
- apple
- banana
- kidney beans
- chickpeas
- quinoa
- lentils
- oats
- brown rice
- mixed herbs
- sunflower seeds
- pumpkin seeds

Tips:

- buy frozen mixed bags of fruit and veg to reduce cost and prevent waste
- mixed bags of seeds, salad, veg and fruit all count for more than one plant point.
- plan meals and write a shopping list to make sure you know what you're buying on your food shop!