

PLANT BASED CHALLENGE

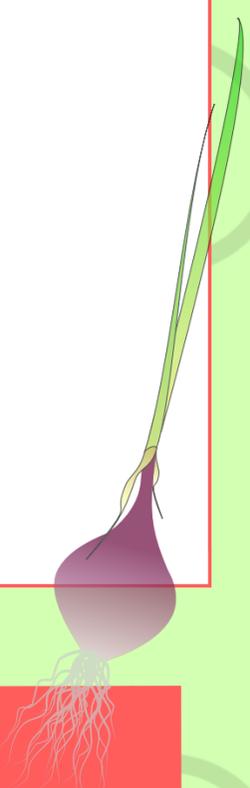


MONDAY 01

TUESDAY 02

WEDNESDAY 03

THURSDAY 04

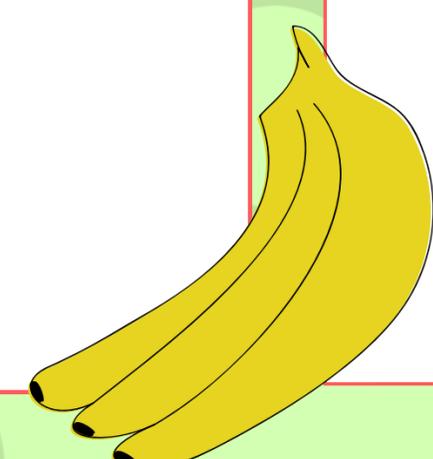


FRIDAY 05

SATURDAY 06

SUNDAY 07

SCORE



Up for a gut-health challenge?
Scientists found people regularly eating 30+ plant foods a week had a more diverse gut microbiome than those consuming 10 or fewer plant foods a week.

Use this calendar to track how many plant foods you eat over a week. Each time you eat a plant food, write the name in the box for that day.

Remember you can only score each type once – so eating spinach three times gets a thumbs up, but only one point. At the end of the week give yourself a score – then aim to up it the following week :)

