



30 Plant Foods Variety Weekly Challenge

Why am I joining this challenge?

Challenge Begin Date:

Challenge End Date:

30-Plant-Foods Variety Weekly Challenge

The “30 Plants a Week” challenge is a simple, playful way to nourish your microbiome – the inner ecosystem that supports your digestion, immunity, mood, and overall well-being.

Because different microbes thrive on different types of plant fibers, eating a wider variety of plants helps create a more diverse, resilient microbiome. And the more diverse your microbiome is, the better it can regulate inflammation, support your immune system, and keep you feeling energized and balanced.

This challenge isn’t about perfection or restriction – it’s about adding color, flavor, and variety to your plate in a way that naturally supports your body.

Your goal is simple: Eat 30 different plant foods this week. - *it sounds much more difficult than it really is - I promise*

I have included comprehensive lists on the following pages to make this much easier for you.

Each time you eat one, check it off. If you eat it again later in the week, it doesn’t count twice – *the goal is variety, not volume.*

Day	# Plants Eaten Today	Total Today	Running Tally
Monday			/30
Tuesday			/30
Wednesday			/30
Thursday			/30
Friday			/30
Saturday			/30
Sunday			/30

30-Plant-Foods Variety Weekly Challenge

Check off each plant food you eat **once** this week. Remember, the goal is variety not quantity

Vegetables

Leafy Greens

- Spinach
- Kale
- Swiss chard
- Collard greens
- Romaine
- Butter lettuce
- Arugula
- Spring mix
- Beet greens
- Mustard greens
- Bok choy
- Napa cabbage
- Green cabbage
- Red cabbage
- Microgreens
- Watercress
- Endive
- Radicchio

Cruciferous Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Kohlrabi
- Broccolini
- Turnips
- Rutabaga

Nightshades

- Tomatoes
- Cherry tomatoes
- Bell peppers
- Hot peppers
- Eggplant
- Tomatillos

Root Vegetables

- Carrots
- Beets
- Sweet potatoes
- Yams
- Potatoes (all varieties)
- Parsnips
- Turnips
- Radishes
- Daikon
- Celery root (celeriac)
- Jerusalem artichokes
- Burdock root

Alliums

- Onions
(yellow, white, red, sweet)
- Garlic
- Shallots
- Leeks
- Green onions
- Chives

Squash (Winter & Summer)

- Zucchini
- Yellow squash
- Butternut squash
- Acorn squash
- Spaghetti squash
- Delicata squash
- Kabocha squash
- Pumpkin

Stalks & Shoots

- Celery
- Asparagus
- Rhubarb
- Bamboo shoots

Mushrooms

- Button
- Cremini
- Portobello
- Shiitake
- Oyster
- Enoki
- Maitake
- Chanterelle

Other Vegetables

- Cucumbers
- Snap peas
- Snow peas
- Green beans
- Okra
- Corn
- Artichokes
- Hearts of palm

Herbs (Fresh or Dried)

- Basil
- Parsley
- Cilantro
- Dill
- Mint
- Rosemary
- Thyme
- Oregano
- Sage
- Tarragon
- Chives
- Lemongrass
- Bay leaves

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Fruits

Berries

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Cranberries
- Gooseberries
- Mulberries

Citrus

- Oranges
- Lemons
- Limes
- Grapefruits
- Tangerines
- Clementines
- Blood oranges
- Pomelos

Stone Fruits

- Peaches
- Nectarines
- Plums
- Apricots
- Cherries
- Mangoes

Pome Fruits

- Apples
- Pears
- Asian pears

Melons

- Watermelon
- Cantaloupe
- Honeydew

Tropical Fruits

- Pineapple
- Papaya
- Guava
- Passionfruit
- Lychee
- Dragon fruit
- Starfruit
- Banana
- Plantain

Grapes & Others

- Red grapes
- Green grapes
- Kiwi
- Figs
- Dates
- Prunes
- Raisins

Nuts & Nut Butters

- Almonds
- Walnuts
- Pecans
- Cashews
- Pistachios
- Hazelnuts
- Brazil nuts
- Macadamia nuts
- Pine nuts
- Peanuts
- Almond butter
- Peanut butter
- Cashew butter
- Tahini (sesame paste)

Seeds & Seed Butters

- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Poppy seeds
- Sunflower seed butter
- Pumpkin seed butter

Legumes

Beans

- Black beans
- Kidney beans
- Pinto beans
- Navy beans
- Cannellini beans
- Great Northern beans
- Lima beans
- Butter beans
- Adzuki beans
- Mung beans
- Soybeans (edamame)

Lentils

- Red lentils
- Green lentils
- Brown lentils
- Black lentils
- French lentils

Peas

- Green peas
- Split peas
- Chickpeas
- Black-eyed peas

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End-of-Week Reflection

1. How many new plant foods did you try this week? Which new foods did you enjoy the most?

2. What did you find most challenging about this challenge?

3. Did you notice any changes in digestion, energy, or mood?

4. What plant foods would you like to explore next week?

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MEET YOUR COACH



Hey, I'm Kristin founder of Embrace Your Journey Holistic Health Coaching

As a Holistic Health & Life Coach, I'm dedicated to helping those who feel unhealthy, unhappy or unbalanced rediscover their health, restore their energy, and reclaim their lives.

My approach blends natural health, nutritional support, mindful living, and energy-balancing practices to gently guide you towards a holistic health & life transformation.

I have certifications and/or training in Holistic Health, Naturopathy, Life Coaching, Health Coaching, Nutrition Coaching, Yoga Instructor Training 300+, Ayurveda, Reiki II Practitioner, RLT and more.

My mission is to make health coaching, health resources, and compassionate guidance affordable and accessible to everyone who needs it.