



The Plant Strong Challenge

How many can you get in one week?



Get involved

www.thriveforlife.com.au/plantstrong

VEGGIES



- Artichoke
- Asparagus
- Avocado
- Beetroot
- Bok Choy
- Broccoli
- Brussels Sp
- Cabbage
- Cauliflower
- Carrots
- Celery
- Corn
- Cucumber
- Eggplant
- Garlic
- Ginger

VEGGIES



- Green Beans
- Kale
- Leek
- Lettuce
- Mushroom
- Olives
- Onion
- Parsnip
- Peas
- Potato
- Pumpkin
- Spinach
- Sweet Potato
- Squash
- Tomatoes
- Zucchini

FRUIT



- Apple
- Apricot
- Banana
- Berries
- Grapes
- Grapefruit
- Kiwi Fruit
- Lemon
- Lime
- Mango
- Mandarin
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Pineapple
- Plum
- Melons

BEANS



- Adzuki Beans
- Beluga Beans
- Black Beans
- Borlotti Beans
- Cannellini
- Chana Dahl
- Chickpeas
- Fava Beans
- Kidney Beans
- Lentils
- Lima Beans
- Mung Beans
- Pinto Beans
- Split Lentils
- Split Peas
- Soy Beans

GRAINS



- Amaranth
- Bulgar
- Buckwheat
- Couscous
- Freekah
- Millet
- Oats
- W/Grain Pasta
- Pearl Barley
- Polenta
- Quinoa
- Brown Rice
- Teff
- Wild Rice

Initiative

by



&



+ add any nuts, seeds, spices and herbs you consume

Total Number _____

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