

40 Plants A Week Challenge

Record all the vegetables, and fruits you eat in one week. Include salad leaves and herbs. Only record them once, even if you ate them more than this. This specific challenge is to build diversity to create a healthy microbiome.



1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40