

GOAL: Eat at least 30 different plants per week

Allspice	Chickpeas	Kidney beans	Pears	Strawberries
Almonds	Chili peppers	Kiwi	Peas	Sunflower seed
Amaranth	Chili flakes	Kohlrabi	Pecans	Sweet potatoes
Apples	Chives	Kumquat	Persimmons	Tangerines
Asparagus	Cilantro	Leeks	Pineapple	Taro
Apricots	Cinnamon	Lemons	Pine nuts	Tea
Asparagus	Cloves	Lentils	Pistachios	Teff grains
Artichoke	Cocoa	Lettuce	Plums/prunes	Thyme
Avocadoes	Coconut	Lima Beans	Pomegranate	Tomatoes
Banana	Coffee	Limes	Popcorn	Turmeric
Barley	Coriander	Lychee	Poppy seeds	Turnips
Basil	Corn	Macadamias	Potatoes	Ugli fruit
Beets	Cranberries	Mangoes	Psyllium seeds	Vanilla
Bell peppers	Cucumbers	Microgreens	Pumpkin	Walnuts
Black beans	Cumin seeds	Millet	Pumkin seeds	Wasabi
Blackeye peas	Currents	Mint	Quinoa	Watermelon
Blackberries	Dates	Mushrooms	Radishes	Wheat (flour)
Blueberries	Dill	Muskmelon	Raisins	Wild rice
Boysenberries	Dragon fruit	Mustard	Radishes	Yams
Brazil nuts	Durian	Navy beans	Rhubarb	Zucchini
Broccoli	Eggplant	Nectarines	Rice	
Brown rice	Farro	Nutmeg	Rosemary	
Brussels sprouts	Fennel	Oats/Oatmeal	Rye	
Buckwheat	Figs	Okra	Saffron	
Bulgar wheat	Flax seeds	Olives	Sage	
Cabbage	Garlic	Onions/Shallots	Serranoes	
Cannellinis	Ginger	Oranges	Sesame seeds	
Cantaloupe	Grapefruit	Oregano	Split peas	
Carrots	Grapes	Poblanos	Sorghum	
Cashews	Green beans	Papayas	Spelt grains	
Cauliflower	Guava	Parsley	Spinach	
Celeriac	Hazelnuts	Parsnips	Spring onions	
Celery seeds	Honeydew	Passion fruits	Sprouts	
Cherries	Jalapeños	Peaches	Squashes	Don't forget to get some
Chia seeds	Kale	Peanuts	Star fruit	fermented foods in as well!

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