

GOOD GUT HEALTH STARTS HERE!

A simple, fun way to support your gut health, one new plant at a time.

YOUR WEEKLY PLANT CHALLENGE

30 Different Plants = Happy Gut

FRUITS



VEGETABLES



LEGUMES



WHOLE GRAINS



HERBS



SPICES



NUTS & SEEDS



TRACK YOUR WEEK Make a tally of your daily intake.

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

COUNT: How many unique plants you eat each day.

PRO TIP: Herbs, spices, nuts, and seeds all count!

Even one extra plant per meal adds up fast.

START SMALL: Add one new plant each day. Start with 4–5 different plants a day and build towards 30 across the week.

www.homeopathessex.co.uk