



ONE WEEK 30 PLANTS

YOUR FREE GUIDE TO EATING 30
DIFFERENT PLANTS PER WEEK

BOOKLET INCLUDES:

- WHY EAT 30 PLANTS PER WEEK?
- WHAT COUNTS AS ONE PLANT?
- PHYTONUTRIENTS AND POLYPHENOLS
- A LIST OF PHYTONUTRIENT RICH PLANT EXAMPLES
- A FREE PLANT TRACKER
- AN EXAMPLE OF A ONE DAY MEAL PLAN TO HELP YOU SEE HOW EASY IT CAN BE!



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WHY EAT 30 DIFFERENT PLANTS PER WEEK?

30 DIFFERENT PLANTS PER WEEK ADDS AN INCREDIBLE AMOUNT OF DIVERSITY TO YOUR EATING HABITS!

THIS HAS MANY BENEFITS SUCH AS:

- INCREASED GUT MICROBIOME DIVERSITY (BBC, 2024)
- MORE DIVERSE GUT MICROBIOME HELPS IMPROVE OVERALL HEALTH.
- REDUCED INFLAMMATION AND CHRONIC DISEASE RISK (BBC, 2024)
- A DIVERSE VARIETY OF PLANTS CAN HELP YOU GAIN MORE VITAMINS AND MINERALS THAT YOU MAY BE MISSING OUT ON IF YOU'RE EATING THE SAME PLANTS EVERYDAY.
- AN MEASURABLE INCREASE IN FRUIT, VEGETABLE AND OTHER PLANT INTAKE IF THIS IS SOMETHING YOU STRUGGLE WITH.



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WHAT COUNTS AS A PLANT?

A LOT MORE THAN YOU'D THINK! IT'S NOT JUST FRUITS AND VEGETABLES- IT'S ANYTHING THAT ISN'T HEAVILY PROCESSED AND COMES FROM A PLANT!

IT IS OFTEN SPLIT INTO DIFFERENT GROUPS SUCH AS:

WHOLEGRAINS

VEGETABLES

FRUIT

LEGUMES

NUTS AND SEEDS

HERBS AND SPICES

(BBC, 2024)

DIFFERENT COLOURS OF FRUIT/VEG OR DIFFERENT VARIETIES COUNT AS SEPARATE PLANTS AS THEY CONTAIN DIFFERENT PHYTONUTRIENTS!

WE'RE LOOKING FOR A WIDE VARIETY OF PHYTONUTRIENTS, WHICH ARE THE COMPOUNDS FOUND IN PLANTS THAT HELP OUR HEALTH.

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LET'S TALK PHYTONUTRIENTS AND POLYPHENOLS

PHYTONUTRIENTS ARE NATURALLY OCCURRING COMPOUNDS IN PLANTS THAT, ALTHOUGH AREN'T NECESSARY TO KEEP US ALIVE, HELP US STAY IN GOOD HEALTH AND FIGHT OFF DISEASE (METCALFE, 2024).

SOME EXAMPLES OF PHYTONUTRIENTS INCLUDE:

- RESVERATROL- FOUND IN GRAPES AND WINE AND MAY AID IN REDUCING HEART DISEASE RISK.
- PHYTOESTROGENS- FOUND IN SOY PRODUCTS LIKE TOFU- EVIDENCE HAS SHOWN REDUCED RISK OF ENDOMETRIAL CANCER.

POLYPHENOLS ARE A TYPE OF PHYTONUTRIENT THAT ARE ANTIOXIDANT SOURCES AND CAN REDUCE INFLAMMATION (PETRE, 2023).

THE KEY IS THE OLD SAYING OF 'EAT THE RAINBOW' AS DIFFERENT COLOURS OF PLANTS CONTAIN DIFFERENT PHYTONUTRIENTS!



THIS IS NOT A COMPLETE LIST- THERE ARE
PLENTY MORE!

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PLANTS FULL OF PHYTONUTRIENTS TO ADD TO YOUR SHOPPING LIST!

<u>VEGETABLES:</u>		<u>FRUIT:</u>		<u>LEGUMES:</u>	<u>NUTS/SEEDS:</u>	<u>HERBS/SPICES:</u>
CARROTS	LETTUCES	PEARS	APPLES	CHICKPEAS	BRAZIL NUTS	CORIANDER
BEETROOT	CUCUMBERS	GRAPES	BANANAS	PEANUTS	PINE NUTS	BASIL
CAULIFLOWER	PICKLES	BLUEBERRIES	ORANGES	KIDNEY BEANS	CASHEW NUTS	DILL
BROCCOLI	WATERCRESS	STRAWBERRIES	PUMPKINS	BLACK BEANS	CHESTNUTS	MINT
ROCKET	LEeks	RASPBERRIES	SQUASHES	PINTO BEANS	PECAN NUTS	PARSLEY
CABBAGE	RADISHES	CACAO (75%+ DARK CHOC)	PEPPERS	BLACK-EYED BEANS	ALMONDS	CHIVES
ASPARAGUS	SWEDE		TOMATOES	CANNELINI BEANS	WALNUTS	THYME
SPINACH	SPRING GREENS	LEMONS	DRIED FRUITS	LENTILS	HAZELNUTS	BAY
PEAS	AUBERGINES	LIMES	GRAPEFRUITS	TOFU	MACADAMIA NUTS	SAGE
MUSHROOMS		ORANGES	AVOCADOS	SPLIT PEAS	PISTACHIO NUTS	OREGANO
PARSNIPS		PLUMS		EDAMAME	PUMPKIN SEEDS	BLACK PEPPER
KALE		CHERRIES		GREEN BEANS	POPPY SEEDS	CINNAMON
POTATOES		PEACHES		BROAD BEANS	CHIA SEEDS	CARDOMOM
SWEET POTATOES		NECTARINES		<u>WHOLE GRAINS:</u>	FLAX SEEDS	TURMERIC
ONIONS		KIWIS			SUNFLOWER SEEDS	GINGER
GARLIC		PINEAPPLES		OATS	HEMP SEEDS	MUSTARDS
CELERY		MELONS		BROWN RICE	SESAME SEEDS	NUTMEG
ARTICHOKE		FIGS		WHOLEWHEAT BREAD		CHILLI
BRUSSEL SPROUTS		POMEGRANATES		BUCKWHEAT		CUMIN
PAK CHOI		MANGOES		BULGAR WHEAT		FENNEL
PEA SHOOTS		PAPAYAS		CORN/POPCORN		PAPRIKA
CHARD		SULTANAS		WHOLEWHEAT PASTA		
TURNIP		DATES				

WEEK COMMENCING:

ONE WEEK
30 PLANTS
PLANT TRACKER



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

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EXAMPLE MEAL PLAN WITH 30 DIFFERENT PLANTS!

BREAKFAST:

PORRIDGE WITH BANANA, RAISINS, PUMPKIN SEEDS AND PEANUT BUTTER
(5 PLANTS!)

LUNCH:

WHOLEGRAIN BREAD EGG MAYONNAISE SANDWICH WITH ROCKET, AN APPLE ON THE SIDE, AND A HANDFUL OF CASHEW NUTS
(4 PLANTS!)

SNACK:

AN ORANGE, A HANDFUL OF PISTACHIOS AND 2 SQUARES OF 75% DARK CHOCOLATE
(3 PLANTS!)

DINNER:

WHOLEGRAIN RICE BOWL WITH SOY SAUCE ROASTED BROCCOLI, GREEN BEANS AND FRIED SPICED TOFU.
(4 PLANTS!)

THAT'S 16 PLANTS ALREADY IN JUST ONE DAY!



ACKNOWLEDGEMENTS AND REFERENCES

THANK YOU SO MUCH FOR READING- I HOPE THIS HELPS YOU DIVERSIFY YOUR GUT AND FIND NEW AND CREATIVE WAYS TO ENJOY NEW VEGETABLES.

IF YOU WANT TO FOLLOW ME ON INSTAGRAM OR TIKTOK, MY HANDLES ARE: @THRIVEWITHROSY

WEBSITE: WWW.THRIVE-WITH-ROSY.COM

THANK YOU FOR ALL OF YOUR SUPPORT! <3

BBC (2024) ARE YOU GETTING YOUR 30 PLANTS A WEEK? PLANT POINTS EXPLAINED. AVAILABLE AT:

[HTTPS://WWW.BBC.CO.UK/FOOD/ARTICLES/PLANT_POINTS_EXPLAINED#:~:TEXT=BENEFICIAL%20PLANTS%20ARE%20GENERALLY%20CATEGORISED,WILL%20COUNT%20TOWARDS%20YOUR%20QUOTA. \(ACCESSED: 22 JUNE 2025\).](https://www.bbc.co.uk/food/articles/plant_points_explained#:~:text=BENEFICIAL%20PLANTS%20ARE%20GENERALLY%20CATEGORISED,WILL%20COUNT%20TOWARDS%20YOUR%20QUOTA.(ACCESSED:22JUNE2025).)

METCALFE, E. (2024) PHYTONUTRIENTS. AVAILABLE AT:

[HTTPS://WWW.WEBMD.COM/DIET/PHYTONUTRIENTS-FAQ \(ACCESSED: 22 JUNE 2025\).](https://www.webmd.com/diet/phytonutrients-faq)

PETRE, A. (2023) WHAT ARE POLYPHENOLS? TYPES, BENEFITS AND FOOD SOURCES. AVAILABLE AT:

[HTTPS://WWW.HEALTHLINE.COM/NUTRITION/POLYPHENOLS \(ACCESSED: 22 JUNE 2025\).](https://www.healthline.com/nutrition/polyphenols)