

CHALLENGE: EAT MORE PLANT FOOD

How many boxes can you tick this month?

be sure to cross out any allergies

Capsicum



Apple



Carrot



Kidney Beans



Cucumber



Orange



Spring Onion



Green Beans



Chia Seeds



Mushrooms



Grapefruit



Blueberries



Baby Spinach



Passion Fruit



Pineapple



Tomato



Tofu



Snow Peas



Lentils



Kiwi Fruit



Pear



Chickpeas



Pumpkin



Mandarin



Avocado



Banana



Broccolini



Dates



We know eating more plant based foods helps us lead longer, healthier & happier lives.