

Plant-Based Variety Challenge

- Eat an increasing amount of different kinds of plant-based foods each week.
- Each different plant-based food only *counts once* in a week. Write down the different plant-based foods you eat throughout the week.
- Examples of plant-based foods: ALL fruits, ALL veggies, fresh herbs, WHOLE grains (oatmeal, quinoa, brown rice, etc.) nuts, seeds, & legumes (chickpeas, beans, lentils)
- *Example Entry: Fruit Smoothie (banana, strawberries, blueberries, raspberries, chia seeds, flax seeds, spinach) 7 plant-based foods in that smoothie!!*

Name: _____

Department: _____



Week One: 5 Different Foods

Week Two: 10 Different Foods



Week Three: 15 Different Foods

Week Four: 20 Different Foods



Send completed challenges to Kristina at kloughborough@maconnnc.org for 10 LIFE points.