

# How many can you tick off this week?

Aim to eat 30+ different plant-based foods per week

## Veggies

- Artichoke
- Arugula
- Asparagus
- Aubergine
- Bamboo shoots
- Beetroot
- Bell pepper
- Bok choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celeryiac
- Chard
- Collard greens
- Corn
- Cucumber
- Daikon
- Endive
- Fennel
- Green beans
- Green onion
- Jalapeno
- Jicama
- Kale
- Leek
- Lettuce
- Mushrooms
- Napa cabbage
- Okra
- Onions
- Pak choi
- Parsnips
- Potato
- Pumpkin
- Radishes
- Rutabaga
- Shallot
- Spinach
- Squash
- Swede
- Sweet potato
- Swiss chard
- Tomatoes
- Turnips
- Watercress
- Yam
- Zucchini

## Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cara Cara Orange
- Cherries
- Clementines
- Coconut
- Cranberries
- Dates
- Dragonfruit
- Figs
- Grapefruit
- Grapes/raisins
- Guava
- Honeydew
- Kiwi
- Lemon
- Lime
- Mandarin
- Mango
- Nectarine
- Olives
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plantain
- Plum/prunes
- Pomegranate
- Raspberries
- Currants (red/white/black)
- Rhubarb
- Strawberries
- Tangerine
- Watermelon

## Legumes

- Black
- Black-eyed peas
- Broad
- Butter
- Cannellini
- Chickpeas
- Fava beans
- Green beans
- Haricot
- Kidney
- Lentils
- Lima beans
- Lupini
- Navy beans
- Peanuts
- Peas
- Pinto
- Soybeans
- Split peas

## Grains

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Bulgur
- Corn
- Couscous
- Farro
- Kamut
- Millet
- Oats
- Quinoa
- Rye
- Sorghum
- Spelt
- Teff
- Whole wheat
- Wild rice

## Nuts/Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia
- Flax
- Hazelnuts
- Hemp
- Macadamia
- Peanuts
- Pecans
- Pili nuts
- Pine nuts
- Pistachios
- Pumpkin
- Sesame
- Sunflower
- Walnuts

## Herbs/Spices

- Allspice
- Anis
- Basil
- Bay leaf
- Black pepper
- Cacao
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Fennel
- Fenugreek
- Garlic
- Ginger
- Lavender
- Lemongrass
- Marjoram
- Matcha
- Mint
- Mustard seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Savory
- Sesame seeds
- Star anise
- Sumac
- Tarragon
- Thyme
- Turmeric
- Vanilla



Integrative  
Hepatology



Eat the rainbow