Paint Your Plate

TAKE THE 30 A WEEK CHALLENGE

Every time you eat a different fruit, vegetable, bean, nut, seed, grain, herb or spice this week, write it beside the next dot and colour the dot in to match. How close to 30 can you get?

MY WEEK

Total _____

1	11	21
2	12	22
3	13	23
4	14	24
5	15	25
6	16	26
7	17	27
8	18	28
9	19	29
10	20	30

IDEAS BY COLOUR

Red
tomatoes, red peppers, strawberries, raspberries, cherries, watermelon, pomegranate, radishes, red apples, kidney beans, red lentils, chillies, paprika

Orange
carrots, sweet potato, butternut squash, pumpkin, oranges, satsumas, apricots, mango, peaches, orange peppers, turmeric

Yellow
yellow peppers, lemons, pineapple, bananas, yellow courgettes, chickpeas, yellow split peas, golden linseed, ginger

Green
spinach, kale, broccoli, peas, courgettes, cucumber, avocado, green beans, asparagus, kiwi, green apples, edamame, green lentils, pistachios, pumpkin seeds, parsley, basil, coriander, mint

Purple & blue
blueberries, blackberries, red cabbage, aubergine, beetroot, plums, red grapes, red onions, purple sprouting broccoli, black beans

White & brown
garlic, onions, cauliflower, parsnips, leeks, oats, brown rice, quinoa, buckwheat, walnuts, almonds, cashews, sesame seeds, butter beans, cannellini beans, cinnamon, cumin

Good to know: each different one counts once a week, so mixed packs of berries, beans or seeds add several at a time. Fresh, frozen, tinned and dried all count.

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