

95 SUGGESTIONS HERE!

100 PLANTS IN 30 DAYS

WW Plant Bingo!

Cashews	Pumpkin Seeds	Barley	Quinoa	Buckwheat
Flax	Wholegrain Rice	Chia	Sunflower Seeds	Oats
Almonds	Walnuts	Brazil Nuts	Rye	Corn
Sesame Seeds	Almonds	Coconuts	Pine Nuts	Pecans
Pistashios	Millet	Hazelnuts	Green peas	Chick Peas
Mung Beans	White Beans	Red Beans	Pinto Beans	Red Lentils

30

100 PLANTS IN 7 DAYS

WW Plant Bingo!

Green Lentils	Fava Beans	Split Peas	Kidney Beans	Cannelloni Beans
Lima Beans	Strawberries	Raspberries	Blackberries	Redcurrants
Tomatoes	Cucumber	Carrots	Apricots	Plums
Peaches	Papaya	Melon	Eggplant	Lemon
Lettuce	Rocket	Kale	Broccoli	Brussel Sprouts
Cabbage	Spinach	Chard	Fennel	Celery

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WW Plant Bingo!

Beetroot 61	Onion	Cauliflower	Cherries	Bananas
Mushrooms	Parsnip	Turnip	Orange	Spinach
Apple	Rhubarb	Leek	Pumpkin	Plums
Peaches	Papaya	Melon	Eggplant	Lemon
Parsley	Mint	Saffron	Turmeric	Basil
Lemongrass	Fennel	Cumin	Ginger	Chilli 90

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WW Plant Bingo!

Cumin	Cinnamon	Chives		
91				
Hemp	Rosemary			100
FERMENTED FOOD	Miso Soup	Sauerkraut	Kimchi	Kombucha
Kefir	Picked Vegetables	Live Yogurt	Tempeh	