

100 PLANTS IN 7 DAYS

WW Plant Bingo!

1				
				15
21				
				30

100

PLANTS
IN 7 DAYS

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31				
				45
51				
				60

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61				
				75
81				
				90

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91				
				100
FERMENTED FOOD	Miso Soup	Sauerkraut	Kimchi	Kombucha
Kefir	Picked Vegetables	Live Yogurt	Tempeh	