

30 PLANTS IN 7 DAYS

Prebiotic Diversity Suggestions

NUTS, SEEDS AND GRAINS

Cashews, pumpkin seeds, barley, quinoa, buckwheat, flax, hemp, chia, sunflower, sesame, oats, almonds, walnuts, brazil nuts, rice, rye, corn, coconut, pine nuts, pecans, pistachios, millet, pistachios, hazelnuts.

LEGUMES

Green peas, chickpeas, mung beans, white beans red beans, pinto beans, broad beans, red lentils, green lentils, fava beans, split peas, kidney beans, cannelloni beans, lima beans.

FRUIT AND VEGETABLES

Berries, tomatoes, cucumbers, carrots, apricots, sweet potatoes, peaches, papaya, apricots, plums, melons, eggplant, lemons, lettuce, rocket, kale, broccoli, brussel sprouts, cabbage, spinach, chard, fennel, celery, beetroot, onions, plums, cauliflower, cherries, bananas, mushrooms, parsnips, turnips, oranges, spinach, apples, rhubarb, leek, pumpkin.

HERBS AND SPICES

Parsley, mint, sage, saffron, turmeric, thyme, basil, lemongrass, fennel, cumin, cinnamon, chives, pepper, cardamon, caraway, chilli, clove, coriander, ginger, nutmeg, paprika, rosemary, oregano, lavender, ginger, dill.

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FERMENTED FOOD

Miso soup, Sauerkraut, Kimchi, Kombucha, Kefir, Pickled vegetables, Live Yogurt, Tempeh