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**Whole Foods**

**Challenge**

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| --- | --- | --- | --- |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| 1. | 1. | 1. | 1. |
| 2. | 2. | 2. | 2. |
| 3. | 3. | 3. | 3. |
| 4. | 4. | 4. | 4. |
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|  |  |  | 28. |
|  |  |  | 29. |
|  |  |  | 30. |

**Whole Foods**

**Idea List**

***Over 100 different ways to hit your 30***

Fruit Ideas:

Apples, Apricots, Avocados, Bananas, Blackberries, Blueberries, Canteloupes, Cherries, Clementines, Coconut, Cranberries, Dates, Elderberries, Figs, Grapefruit, Grapes, Honeydew, Plums, Kiwis, Lemons, Limes, Mangos, Nectarines, Oranges, Peaches, Pears, Persimmons, Pineapples, Plums, Pomegranate, Prunes, Raspberries, Strawberries, Tangerines, Watermelons (35)

Vegetable and Legume Ideas:

Artichoke, Arugula, Asparagus, Beets, Beans, Bok Choy, Broccoli, Brussel Sprouts, Cabbage (red, green), Carrot, Cauliflower, Celeriac, Celery, Chickpeas, Collards, Corn, Cucumber, Edamame, Eggplant, Fennel, Ginger root, Green Beans, Kale, Kohlrabi, Leeks, Lentils, Lettuce (Iceberg, Romaine), Mushrooms, Onion, Parsnip, Peas, Peppers, Potatoes, Pumpkin, Radicchio, Radishes, Shallots, Snow Peas, Spinach, Squashes (spaghetti, butternut), Snap Peas, Sweet Potato, Swiss Chard, Tomato, Turnip, Zucchini (46)

Nut Ideas:

Almond, Brazil, Cashew, Chestnuts, Hazelnut, Macadamia, Peanut, Pecan, Pili, Pine, Pistachio, Walnut (12)

Seeds:

Chia, Flax, Hemp, Poppy, Pumpkin, Sesame, Sunflower, Quinoa (8)

Whole-Grains (count on the 3rd and 4th week only):

Buckwheat, Brown Rice, Barley, Oats, Spelt, Teff, Wild Rice, Wheat Berry (8)

*Bonus: Different varieties of a fruit or vegetable count as two servings. For example, if you have green grapes and later have red grapes, you can count those grapes twice. If you eat a honeycrisp apple, red delicious apple and gala apple, that’s three points for the week.*