

- Natural foods

WEEK 1

Building the foundation

Today focus on eating more plants



Adding more plants to your plate is a lot easier than it sounds, and fab for your gut

Consuming more plant foods across the week not only benefits your health, by reducing your risk of disease such as type 2 diabetes and coronary heart disease, but also has shown to be more beneficial to the environment. But by 'eating more plants' we don't mean you should be chowing down on leaves all day – plant foods cover a whole host of delicious things to eat, including herbs, spices and beans, many of which are super easy to ramp up. Adding more plant foods that provide soluble fibre, such as legumes, oats and seeds, are shown to reduce cholesterol and also prevent blood glucose fluctuations. Additionally, a diet

that's high in plant foods supports your digestive health and gut biome.

How many plants should we be eating?

It has been recommended that we should aim for 30 different plants a week to support our gut biome and also benefit our health. However, if this feels like a big jump from your present intake, start with adding one or two a week and build from there. This week, try to add one new plant with your evening meal, for instance; next week add additional plant foods to your lunch; in the third week, top up your breakfast with something plant-based; and in your fourth week you can add in a fruit snack, and you're basically there!



Make it easy
Keep chopped veggies like bell peppers, cucumbers and carrots in your fridge. Pair them with hummus or guacamole for an easy snack that's packed with plants

4 creative ways to eat more plants

Incorporate more plants into your diet without remapping your tried and tested favourites

TRY THIS!	THE DETAILS
Add variety	Try adding different beans like black beans, kidney beans or chickpeas to curries, casseroles and stews.
Add vibrancy	Aim to choose as many different colours of fruit and vegetables as you can daily.
Try something new	Try stewing apple or pear, then add a pinch of mixed spice as a topping for porridge. Mix in honey for sweetness and sprinkle over toasted seeds or nuts for a delicious start to the day – and at least four plants!
Make small changes	Try making Bolognese sauce with half mince and half red lentils, then bulk it out with a variety of vegetables and serve with spaghetti as you would normally.



RECIPE OF THE DAY
Black bean & plantain arepas

This tasty dinner includes in excess of 14 different plants!

Serves 4 | Prep 25 mins | Cooking 25 mins

- 1 For the dough, add the cornmeal and salt to a bowl and stir in the water. Knead for 2 minutes, then rest for 10 minutes. Divide into 8 balls and flatten with your hands until you get 10cm (4in) discs. Either bake in the air fryer at 180°C for 10 minutes, or in a pan on a medium heat for 3-4 minutes on each side.
- 2 Put all the sauce ingredients into a food processor and blend until smooth and creamy.
- 3 Combine the beans, water, purée, cumin, coriander, the paprikas, garlic powder and dried oregano in a pan and cook for 5 minutes until heated through. Season to taste.
- 4 Peel the plantains and cut into 1 cm (½in) thick slices. Coat with sunflower oil and toss to combine. Cook in the air fryer for 10-12 minutes at 180°C or pan-fry for 5 minutes each side.
- 5 Cut the arepas on one side to create a pocket. Stuff with the beans, plantains and sauce.

For the dough
 300g (2 cups) cornmeal
 375ml (1½ cups) water
 ½ tsp salt

For the green sauce
 1 avocado, stoned
 20g (½ cup) coriander
 juice of 1 lime
 1 garlic clove, peeled
 1½ tbsp olive oil
 50ml (¼ cup) water
 50g (¼ cup) soy yoghurt
 50g (⅓ cup) cashews
 salt and black pepper

For the black beans
 350g (2 cups) black beans
 75ml (⅓ cup) water
 1-2 tbsp tomato purée
 ½ tsp ground cumin
 ½ tsp ground coriander
 ½ tsp garlic powder
 1 tsp smoked paprika
 1 tsp paprika
 1 tsp dried oregano

For the plantains
 400g plantains (peeled)
 1 tbsp sunflower oil

Habit tracker

Tick the days you've included more plants in your meals

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

Daily reflection

Think about how eating more plants affects your wellbeing

On the days I ate more plants I felt...

On the days I ate more plants my energy levels were...



PLANT FOOD OF THE DAY
Edamame beans



How many?

100-150g edamame, or soy, beans are a fab addition to your weekly plant tally; they taste great, can add a pleasing bite to salads and curries, and you can buy them frozen so they're always to hand.

Why are they great?

Edamame are rich in polyphenols, and they also provide fibre, protein, and isoflavones - these cleverly feed your gut bacteria and promote overall health.