

**EVERY
RECIPE**
30 MINUTES &
10 INGREDIENTS
OR LESS!

30 plants IN 7 DAYS

**Green Goddess
Omelette**
p. 70

Kick off summer with our healthy-gut challenge: Pack 30 different plants into your diet in the span of a week for better microbial diversity. We're showing you how simple it actually is to get your fill of vitamins, antioxidants and gut-friendly fiber for optimum health.

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Plant-based eating is all the rage, and for good reason: Diets rich in minimally processed plant foods are associated with reduced risk of heart disease, diabetes, cancer and obesity. Why are plants such powerhouses? They're packed with vitamins, minerals, antioxidants, phytochemicals and belly-filling fiber.

Plant foods are not limited to just fruits and vegetables. Nuts, seeds, legumes, whole grains, herbs and spices also count. The whole plant kingdom is an incredible source of nutrition for your gut microbiome, the unique microbial community that inhabits your body. The first major results released by the American Gut Project, the world's largest published microbiome study to date, has found that people who eat more than 30 plant types per week

have better microbial diversity than people who consume less than 10 per week.

The gut microbiome is dynamic and unique – no two people have the same microbial makeup. Nourishing the good gut bugs can encourage them to produce certain vitamins, neurotransmitters and short chain fatty acids, which may help guard against inflammation and reduce the risk of colon cancer.

Build your plate around plants (aim for two-thirds of the plate), and fill in the rest with your favorite protein. We've made getting started on your 30-plant-per-week challenge easy – just follow our one-week meal plan and you'll be well on your way.

**ONE WEEK,
30 PLANTS**
We've designed this plan with diversity in mind. Get ready to consume these 30 plants this week:

1. Onions
2. Limes
3. Garlic
4. Avocados
5. Cilantro
6. Carrots
7. Cucumbers
8. Mango
9. Eggplant
10. Basil
11. Lemons
12. Cherry tomatoes
13. Shallots
14. Chives
15. Mixed greens (such as kale, chard and/or spinach)
16. Jalapeño chile pepper
17. Zucchini
18. Banana
19. Raspberries
20. Peaches
21. Blackberries
22. Lentils
23. Organic soy/tofu
24. Chickpeas
25. Walnuts
26. Almonds
27. Cashews
28. Pecans
29. Hemp seeds
30. Chia seeds

The 30-Plant Challenge FAQs

Read these Q&As before giving the challenge a try.

Are beans/tofu considered part of the 30? Definitely! Beans, lentils and tofu are excellent sources of protein and fiber. When choosing tofu, look for the non-GMO label, as soy is commonly a genetically modified crop.

Do frozen and canned count? Frozen, canned and freeze-dried absolutely count as they contain all the plant's nutrients, including fiber to nourish your good gut bugs.

What about herbs? Herbs and spices also count. They are the plant kingdom's flavor enhancers, and many have antiviral, antifungal and antibacterial properties.

Does color matter when choosing fruits and vegetables? Aim for a variety of colors every day, as each color provides different antioxidants and phytochemicals that may help to reduce inflammation in the body and boost your immune system.

Should I choose organic? Not all produce needs to be organic. We recommend consulting the Environmental Working Group's annual "Dirty Dozen" and "Clean 15" lists (ewg.org) to find out which conventionally grown fruits and vegetables are safe.

Where can I find the freshest veg? We love going to the local farmer's market or opting for a community-supported agriculture (CSA) box because you not only support your local farmer and reduce your carbon footprint, but you're buying produce that's in season.

Are there foods I should avoid? Because you get all the nutrients and fiber from the whole food, we

don't recommend juicing fruits and vegetables. In addition, if you are watching your sugar intake, limit or avoid dried fruit, as the dehydrating process concentrates the sugars.

Do fermented veg count? Fermented vegetables definitely count, and they also provide probiotics (good bacteria) to your digestive system. Unpasteurized pickles, sauerkraut, miso and tempeh are popular and readily available fermented foods. Just be careful not to have too much at one time as they can make you bloated and gassy due to them being fermented by the bacteria residing in your large intestine.

What about animal protein? Whether you follow a vegan, vegetarian or pescatarian eating style or you enjoy animal proteins, creating a dietary foundation on minimally processed plant foods can yield numerous benefits. If you enjoy animal proteins, choose pasture-raised eggs, organic dairy, grass-fed/finished beef and lamb, organic poultry, pasture-raised pork and wild-caught fish. In this section, we went with a vegetarian plan, but it can be adjusted to be vegan with a few swaps.

Who is this plan NOT for? For some people with digestive issues such as low stomach acid, small intestinal bacterial overgrowth (SIBO), dysbiosis, irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD), increasing the amount of plants in your diet too quickly can exacerbate symptoms. If this sounds like you, start with smaller quantities and only increase portion sizes as your gut allows. You can still aim for more variety, just smaller servings.



Lentil Walnut Tacos

F Q V GF

SERVES 4.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 30 MINUTES.

This lentil-based filling is surprisingly similar to meaty versions thanks to the garlic and taco seasoning – make sure you use a brand without added sugar or other additives.

- 1½ cups water
- ½ cup red split lentils
- 1 small red onion, divided (**NOTE:** Slice half; finely chop remaining.)
- 2 limes, juiced, divided
- ½ cup raw walnuts, chopped
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 1½ tbsp taco seasoning
- 8 6-inch corn tortillas
- 1 avocado, peeled, pitted and sliced
- ¼ cup chopped fresh cilantro

1. In a small saucepan, bring water and lentils to a boil. Reduce to a simmer, cover and cook for 5 to 7 minutes, until tender. Drain; set aside.

2. Meanwhile, to a small bowl, add thinly sliced onion and cover with one-half of the lime juice. Set aside for at least 10 minutes to quickly pickle onions.

3. Heat a medium nonstick skillet on low. Add walnuts and toast for 3 minutes, stirring every 30 seconds. Transfer to a bowl to cool.

4. In same skillet on medium-high, heat oil. Add chopped onion and sauté for 2 minutes. Add garlic and cook for 1 minute. Add lentils, walnuts and taco seasoning and stir everything together; sauté for 3 to 4 minutes. Stir in remaining half of lime juice.

5. Warm corn tortillas over a gas burner to get a little char on the outside. (Alternatively, in a dry, preheated cast iron pan, heat tortillas for 15 seconds per side.) Divide taco mixture among tortillas. Top with quick-pickled onion, avocado and cilantro.

NOTE: If following our Meal Plan, freeze 2 servings of filling for later in the week. Refrigerate remaining filling and toppings in separate containers. Reheat filling, warm tortillas and assemble tacos when called for.

PER SERVING (2 tacos): Calories: 407, Total Fat: 21 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 8 g, Carbs: 48 g, Fiber: 11 g, Sugars: 2 g, Protein: 12 g, Sodium: 260 mg, Cholesterol: 0 mg



Green Goddess Omelette P Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

Make the sauce and filling ahead of time so you can simply cook the omelette and assemble in the morning. Garnish with additional cilantro.

- SAUCE
- 1 cup mixed greens (such as kale, chard and spinach)
 - ½ cup fresh cilantro
 - 1 lemon, zested and juiced
 - ⅓ jalapeño chile pepper, seeds and ribs removed
 - ½ tsp ground cumin
 - sea salt and ground black pepper, to taste
 - 1½ tbsp extra-virgin olive oil

- FILLING
- ½ tbsp extra-virgin olive oil
 - 2 large zucchini, chopped
 - 1 shallot, chopped

- ASSEMBLY
- 12 large eggs, divided
 - 2 cups mixed greens (such as kale, chard and spinach), chopped, divided
 - sea salt and ground black pepper, to taste
 - 2 tbsp extra-virgin olive oil, divided
 - 1 avocado, divided

1. Make sauce: To a food processor, add all sauce ingredients except oil; pulse to break down greens. With machine running, drizzle in oil;

- process until almost smooth. Set aside or refrigerate until use.
2. Prepare filling: In a large nonstick pan on medium-high, heat oil. Add zucchini and shallot and sauté 4 to 6 minutes, until lightly brown. Set aside or refrigerate until use.
3. To assemble 1 omelette: In a medium bowl, whisk together one-quarter each of eggs and mixed greens and salt and pepper.
4. In a medium nonstick skillet on medium, heat one-quarter of oil. Pour in egg mixture and tilt to fully cover pan. As eggs start to set, tilt pan to let uncooked egg run to the edge of the pan. Once bottom is set but top is still a little wet, spread one-quarter of the zucchini-shallot filling on one side of omelette. Fold the other side over the filling and slide omelette onto a plate.

5. Spoon sauce over top of omelette and serve with one-quarter of avocado, sliced.

NOTE: If following our Meal Plan, refrigerate 3 remaining servings of filling and sauce separately. Make omelette fresh when called for.

PER SERVING (¼ of recipe): Calories: 465, Total Fat: 36 g, Sat. Fat: 8 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 5 g, Carbs: 14 g, Fiber: 6 g, Sugars: 5 g, Protein: 23 g, Sodium: 352 mg, Cholesterol: 558 mg



Eggplant Rollups F Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

A creamy cashew sauce stands in for ricotta in this plant-based bake. We top it with Pecorino Romano cheese, but if you prefer to keep it dairy-free, you can use a sprinkle of nutritional yeast.

- 2 large eggplants
- 2 tbsp extra-virgin olive oil
- ½ tsp each salt and ground black pepper, divided
- 1 cup raw cashews, soaked in boiling water for 5 minutes, drained
- 1 cup fresh basil leaves + additional for garnish
- 2 cloves garlic, roughly chopped
- ½ lemon, zested and juiced
- 1 jarred roasted red pepper (about 1 oz), sliced lengthwise into 1-inch thick strips
- 1½ cups marinara sauce
- ¼ cup grated Pecorino Romano cheese

3. Meanwhile, make filling: To a food processor, add softened cashews, basil leaves, garlic, lemon zest and juice and remaining one-half each salt and pepper. Process to a well-blended but slightly chunky texture.
4. Place 1 strip roasted red pepper onto each eggplant slice and divide filling over top of each. Roll up and arrange in an 8 x 8-inch glass baking dish. Cover with marinara sauce and top with cheese. Cover dish with parchment paper and then foil. Bake for 8 to 10 minutes; remove cover and bake for another 2 minutes. Top each slice with additional basil.

NOTE: If following our Meal Plan, freeze 1 serving for later in the week; refrigerate remaining servings. Reheat in oven when called for. Garnish with fresh chopped basil just before serving.

PER SERVING (¼ of recipe): Calories: 379, Total Fat: 23 g, Sat. Fat: 4 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 4 g, Carbs: 38 g, Fiber: 12 g, Sugars: 17 g, Protein: 12 g, Sodium: 626 mg, Cholesterol: 5 mg

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Slice top and bottom off eggplants and discard. Slice each eggplant lengthwise into 4 ½-inch-thick slices. Arrange on prepared sheet and brush with oil; season with one-half of each salt and pepper. Roast for 12 to 15 minutes. Let cool.

2-Toned Smoothie Bowls

F Q V GF

SERVES 3.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 10 MINUTES.

With half of your breakfast brimming with mango-peach flavor and the other half tart raspberries, this two-toned bowl ensures you get plenty of antioxidants.

YELLOW HALF

- 1 cup frozen mango
- 1 cup frozen peaches
- 1/2 banana
- 1/2 cup unsweetened vanilla almond milk
- 3 scoops whey protein powder

RED HALF

- 2 cups frozen raspberries
- 1/2 banana
- 1/2 cup unsweetened vanilla almond milk
- 3 scoops whey protein powder

TOPPINGS

- 3/4 cup blackberries
- 6 tbsp pecans
- 1 1/2 tsp hemp seeds
- 1 1/2 tsp chia seeds

1. In a blender, blend ingredients of yellow half until smooth, ensuring consistency is thick like ice cream. Transfer to a bowl and repeat with ingredients for red half.

2. Assemble smoothie bowls: Divide red and yellow mixture among serving bowls, pouring each color into one side of the bowl. Top each bowl with toppings.

NOTE: If following our Meal Plan, freeze remaining 2 portions of the yellow mix in separate containers and remaining 2 portions of the red mix in separate containers. Store toppings separately. When called for, thaw frozen mix; stir each mixture separately before assembling bowls.

PER SERVING (1/2 of recipe):
Calories: 462, Total Fat: 14 g, Sat. Fat: 1 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 4 g, Carbs: 45 g, Fiber: 14 g, Sugars: 24 g, Protein: 46 g, Sodium: 141 mg, Cholesterol: 8 mg

Roasted Chickpea–Stuffed Avocado

Q V GF

SERVES 2.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 30 MINUTES.

These little pockets of crispy za'atar-flavored chickpeas and veggies served up in creamy avocado halves is surprisingly filling – plus each one adds eight healthful plants to your day.

- 1 15-oz BPA-free can chickpeas, rinsed and drained
- 3 tbsp extra-virgin olive oil, divided

- 1 tbsp za'atar seasoning (**TRY:** Frontier Za'atar Seasoning)
- 1 lemon, zested and juiced
- 1/4 tsp each sea salt and ground black pepper
- 1/2 cup chopped cucumber
- 1/2 cup chopped cherry tomatoes
- 1 tbsp chopped shallots
- 1/4 cup cilantro, chopped
- 2 large avocados
- 2 tbsp chopped chives

1. Preheat oven to 400°F. Place chickpeas on a large parchment-lined baking sheet and toss with one-half of the oil and all of za'atar seasoning. Roast for 20 to 25 minutes, or until crispy. Set aside to cool.

2. In a large bowl, whisk together remaining half of oil, lemon zest and juice, salt and pepper. Add cucumbers, tomatoes, shallots, cilantro and roasted chickpeas; toss to coat.

3. Slice avocados in half and remove pits. Fill each half with one-quarter of chickpea mixture. Garnish with chives.

NOTE: If following our Meal Plan, refrigerate remaining filling until called for. Cut avocado just before serving and assemble.

PER SERVING (1/2 of recipe):
Calories: 806, Total Fat: 62 g, Sat. Fat: 9 g, Monounsaturated Fat: 42 g, Polyunsaturated Fat: 8 g, Carbs: 59 g, Fiber: 27 g, Sugars: 10 g, Protein: 16 g, Sodium: 633 mg, Cholesterol: 0 mg



TINY RED TREASURES:

The tomatoes in this dish are packed with nutrients including molybdenum, biotin and vitamin C. Molybdenum aids in the metabolism of fats and carbohydrates; vitamin C assists in the formation and repair of bodily tissues; and biotin supports healthy skin.



Mango Tofu Salad with Peanut Dressing

Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

This four-ingredient dressing adds a nutty, sesame flavor to this colorful salad. If you prefer, you can easily substitute the peanut butter with almond or cashew butter.

TOFU/SALAD

- 1 tsp toasted sesame oil
- 8 oz extra-firm sprouted organic tofu, pressed with paper towel to remove liquid then cubed
- ½ cup raw slivered almonds
- 2 cups chopped carrots
- 2 cups chopped cucumbers
- 1 large mango, chopped
- ¼ cup chopped fresh cilantro

DRESSING

- 2 tbsp all-natural peanut butter
- 2 tbsp unsweetened rice vinegar
- 2 tbsp coconut aminos
- 1 tsp toasted sesame oil

- 1. Prepare tofu: In a large nonstick skillet on medium-high, heat oil. Add tofu; cook 8 to 10 minutes, turning on each of four sides, until golden. Transfer to a plate; set aside.
- 2. Meanwhile, make dressing: Add all dressing ingredients to a jar and seal with a lid. Shake until smooth.

- 3. In a small skillet on low, toast almonds for 2 to 3 minutes, stirring.
- 4. To a large bowl, add carrots, cucumber, mango, cilantro, tofu and almonds. Add dressing; toss to coat.

NOTE: If following our Meal Plan, refrigerate salad and dressing separately. Assemble when called for.

PER SERVING (¼ of recipe): Calories: 323, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 31 g, Fiber: 7 g, Sugars: 21 g, Protein: 14 g, Sodium: 235 mg, Cholesterol: 0 mg

MONDAY	TUESDAY
<p>BREAKFAST: 1 serving Green Goddess Omelette (p. 70; save leftovers)</p> <p>LUNCH: 1 serving Lentil Walnut Tacos (p. 69; save leftovers)</p> <p>DINNER: 1 serving Eggplant Rollups (p. 71; save leftovers)</p>	<p>BREAKFAST: 1 serving 2-Toned Smoothie Bowls (p. 72; save leftovers)</p> <p>LUNCH: 1 serving Mango Tofu Salad with Peanut Dressing (p. 74; save leftovers)</p> <p>DINNER: 1 serving Lentil Walnut Tacos (leftovers, p. 69)</p>
<p>NUTRIENTS: Calories: 1,251, Fat: 80 g, Sat. Fat: 15 g, Carbs: 100 g, Fiber: 29 g, Sugars: 24 g, Protein: 47 g, Sodium: 1,238 mg, Cholesterol: 563 mg</p>	<p>NUTRIENTS: Calories: 1,192, Fat: 52 g, Sat. Fat: 6 g, Carbs: 124 g, Fiber: 32 g, Sugars: 47 g, Protein: 72 g, Sodium: 644.5 mg, Cholesterol: 8 mg</p>
WEDNESDAY	THURSDAY
<p>BREAKFAST: 1 serving Green Goddess Omelette (leftovers, p. 70)</p> <p>LUNCH: 1 serving Mango Tofu Salad with Peanut Dressing (leftovers, p. 74)</p> <p>DINNER: 1 serving Eggplant Rollups (leftovers, p. 71)</p>	<p>BREAKFAST: 1 serving Green Goddess Omelette (leftovers, p. 70)</p> <p>LUNCH: 1 serving Roasted Chickpea–Stuffed Avocado (p. 72; save leftovers)</p> <p>DINNER: 1 serving Eggplant Rollups (leftovers, p. 71)</p>
<p>NUTRIENTS: Calories: 1,167, Fat: 76 g, Sat. Fat: 14 g, Carbs: 83 g, Fiber: 25 g, Sugars: 43 g, Protein: 49 g, Sodium: 1,213 mg, Cholesterol: 563 mg</p>	<p>NUTRIENTS: Calories: 1,650, Fat: 121 g, Sat. Fat: 21 g, Carbs: 111 g, Fiber: 45 g, Sugars: 32 g, Protein: 51 g, Sodium: 1,611 mg, Cholesterol: 563 mg</p>
FRIDAY	SATURDAY
<p>BREAKFAST: 1 serving Green Goddess Omelette (leftovers, p. 70)</p> <p>LUNCH: 1 serving Roasted Chickpea–Stuffed Avocado (leftovers, p. 72)</p> <p>DINNER: 1 serving Mango Tofu Salad with Peanut Dressing (leftovers, p. 74)</p>	<p>BREAKFAST: 1 serving 2-Toned Smoothie Bowls (leftovers, p. 72)</p> <p>LUNCH: 1 serving Lentil Walnut Tacos (leftovers, p. 69)</p> <p>DINNER: 1 serving Mango Tofu Salad with Peanut Dressing (leftovers, p. 74)</p>
<p>NUTRIENTS: Calories: 1,594, Fat: 115 g, Sat. Fat: 19 g, Carbs: 104 g, Fiber: 40 g, Sugars: 36 g, Protein: 53 g, Sodium: 1,220 mg, Cholesterol: 558 mg</p>	<p>NUTRIENTS: Calories: 1,192, Fat: 52 g, Sat. Fat: 6 g, Carbs: 124 g, Fiber: 32 g, Sugars: 47 g, Protein: 72 g, Sodium: 636 mg, Cholesterol: 8 mg</p>
SUNDAY	
<p>BREAKFAST: 1 serving 2-Toned Smoothie Bowls (leftovers, p. 72)</p> <p>LUNCH: 1 serving Eggplant Rollups (leftovers, p. 71)</p> <p>DINNER: 1 serving Lentil Walnut Tacos (leftovers, p. 69)</p>	
<p>NUTRIENTS: Calories: 1,248, Fat: 58 g, Sat. Fat: 8 g, Carbs: 131 g, Fiber: 37 g, Sugars: 43 g, Protein: 70 g, Sodium: 1,027 mg, Cholesterol: 13 mg</p>	

SHOPPING LIST

PROTEINS & DAIRY

- 1 pkg red split lentils
- 8 oz extra-firm organic tofu (preferably sprouted)
- 1 oz Pecorino Romano cheese
- 1 dozen eggs (TRY: Eggland’s Best Organic Eggs)
- 1 15-oz BPA-free can chickpeas
- 1 container whey protein powder (or swap for plant-based protein powder)

VEGGIES & FRUITS

- 1 small red onion
- 2 limes
- 3 cloves garlic
- 4 large avocados
- 1 large bunch fresh cilantro
- 4 large carrots
- 2 cucumbers
- 1 large mango
- 2 large eggplant
- 1 bunch fresh basil
- 3 lemons
- 8 oz cherry tomatoes
- 1 shallot
- 1 bunch fresh chives
- 4 oz mixed greens (such as kale, chard and spinach)
- 1 jalapeño chile pepper
- 2 large zucchini
- 1 small onion
- 1 banana
- 1 bag frozen raspberries
- 1 bag frozen mango
- 1 bag frozen peaches
- 4 oz blackberries

NUTS, SEEDS & OILS

- 2 oz raw walnuts
- 2 oz raw slivered almonds (TRY: Fisher Natural Sliced Almonds)
- 5 oz raw cashews
- 2 oz pecans
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil (TRY: Eden Selected Toasted Sesame Oil)
- 1 jar all-natural peanut butter
- 1 small bag hemp seeds
- 1 small bag chia seeds

PANTRY STAPLES

- 1 bottle taco seasoning (TRY: Kevin’s Natural Foods Taco Seasoning)
- 8 6-inch corn tortillas
- 1 bottle rice vinegar
- 1 bottle coconut aminos
- 1 jar roasted red peppers
- 1 jar all-natural marinara sauce
- 1 bottle za’atar seasoning (TRY: Frontier Co-op Za’atar Seasoning)
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle ground cumin
- 1 qt unsweetened vanilla almond milk