



The Blue Zones Challenge

Can You Eat 30 Different Plants This Week?

When most people hear "eat more plants," they think they have to become vegetarian. Not at all! The real goal is **variety**.

Every different plant you eat feeds the beneficial bacteria in your gut in different ways. A healthy gut has been linked to better digestion, a stronger immune system, reduced inflammation, improved heart health, and even a better mood.

Your challenge this week is simple:

See if you can enjoy 30 different plant foods over the next seven days.

Don't worry—it adds up faster than you think! Every fruit, vegetable, bean, whole grain, nut, seed, and fresh herb counts as one.

Here's an Example

- ✓ Oatmeal
- ✓ Blueberries
- ✓ Banana
- ✓ Spinach
- ✓ Tomato
- ✓ Cucumber
- ✓ Bell Pepper
- ✓ Broccoli
- ✓ Carrots
- ✓ Sweet Corn

- ✓ Green Beans
- ✓ Avocado
- ✓ Brown Rice
- ✓ Black Beans
- ✓ Chickpeas
- ✓ Lentils
- ✓ Walnuts
- ✓ Almonds
- ✓ Pumpkin Seeds
- ✓ Chia Seeds
- ✓ Apples
- ✓ Peaches
- ✓ Strawberries
- ✓ Watermelon
- ✓ Onion
- ✓ Garlic
- ✓ Mushrooms
- ✓ Basil
- ✓ Parsley
- ✓ Sweet Potato

Congratulations—you've reached 30!

Remember: It's not about being perfect. It's about adding more of the foods that help your body thrive. Every colorful bite is another step toward better health.

This week, don't count calories...count colors, count plants, and celebrate every healthy choice!

THE PIVOT MAN

Mark Murray

631-948-4335

LifeCoach.MarkMurray@gmail.com

www.PivotManMark.com

