

# The Plant Feast Challenge



Stick this **printable checklist** on your fridge to track your plant progress – and for inspiration to help you reach that 30-plants-a-week goal.

- 1** Buy a seasonal veg you haven't tried before
- 2** Make a fruit and veg gift basket
- 3** Build a plant- (and protein-) conscious breakfast
- 4** Make a veggie preserve, like piccalilli
- 5** Make the 30-plant lasagne
- 6** Play with some plant-based toppers (seed-and-nut mixes)
- 7** Try creative flavour pairings
- 8** Crunch on raw veg
- 9** Dig into a plant-filled fakeaway
- 10** Add extra plants to your Sunday roast
- 11** Make plant-rich comfort food
- 12** Snack on pulses
- 13** Grow your own mushrooms
- 14** Layer up a fridge cake with nuts, oats, dark chocolate and dates
- 15** Embrace root-to-leaf eating by using the whole plant
- 16** Flip your plate; make veg the star and use protein as a seasoning
- 17** Whip up plant-powered pancakes
- 18** Buy wonky veg
- 19** Treat yourself to a jacket potato
- 20** Create your own 'house seasoning'
- 21** Make something with dark chocolate (it counts!)
- 22** Stuff an omelette with extra veg
- 23** Batch-cook veggie-packed bases
- 24** Swap spuds for different root veg
- 25** Sprinkle nuts, fruit and seeds over your morning porridge
- 26** Bake a batch of blueberry muffins
- 27** Put a plant in a dessert (that's not carrot cake)
- 28** Treat yourself to your favourite plant
- 29** Switch up your WFH lunch with plants
- 30** Throw a plant party for friends

Let us know how you get on at [waitrose.food@waitrose.co.uk](mailto:waitrose.food@waitrose.co.uk)  
or tag us @waitrose #plantfeastchallenge