

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.

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

Let us know how you get on at waitrose.food@waitrose.co.uk or tag us @waitrose #plantfeastchallenge