

The Fitness Studio

30 Plants Check list

Root Vegetables

- Onions
- Carrots
- Parsnips
- Swede
- Leek
- Potato
- Sweet Potato
- Garlic
- Ginger
- Beetroot

Salad

- Lettuce
- Spinach
- Tomatoes
- Cucumber
- Spring onion
- Celery
- Radish
- Peppers
- Olives

Herbs

- Chives
- Parsley
- Rosemary
- Thyme
- Oregano
- Sage
- Dill
- Mint
- Corriander
- Basil

Fruit

- Orange
- Pineapple
- Apple
- Pear
- Mango
- Strawberry
- Melon
- Banana
- Lemon
- Peach
- Pomegranate
- Lime
- Plum
- Cherry
- Blueberry
- Coconut
- Grape
- Kiwi

Nuts

- Cashews
- Peanuts
- Almonds
- Brazils
- Walnuts
- Pecans
- Pistachios
- Macadamia
- Hazel Nuts
- Chestnuts
- Pine Nuts

Spices

- Cinnamon
- Nutmeg
- Turmeric
- Paprika
- Chilli
- All Spice
- Cumin
- Pepper

Seeds

- Cocoa ie Chocolate
- Pumpkin
- Flax
- Sesame
- Poppy
- Chia

Green Veg

- Kale
- Broccoli
- Artichoke
- Green Beans
- Brussel Sprouts
- Asparagus
- Cabbage
- Brussel Sprouts
- Courgette
- Mange Tout
- Sugar Snap Peas
- Peas

Beans & Pulses

- Lentils
- Yellow peas
- Chickpeas
- Kidney Beans
- Black Beans
- Cannelli Beans
- Quinoa
- Aduki Beans
- Berlotti Beans
- Butter Beans
- Broad Beans
- Edamame/Soya
- Pinto Beans
- Mung Beans

Other Veg

- Sweetcorn
- Mushrooms
- Avocado
- Artichoke
- Cauliflower
- Aubergine

Notes:
