

Austin Fitness Clinic 28-Day Plant Point Challenge

DAILY PLANT POINT SERVINGS (per meal)	YOU CAN REMOVE THESE FOR 3 EXTRA DAILY POINTS EACH
Animal Protein: do not count as plant points; but enjoy healthy sources of it	Dairy: milk, cheese, cottage cheese, cream, yogurt, kefir, ice cream, coffee creamers
Vegetables: all veggies; cooked, frozen, raw Plant Point Serving= ¼ cup or more **onion, garlic, shallots, ginger, fresh herbs or spices = 1 Tbsp or more	NO! Fried vegetables do NOT count as a point!!
Fruit: all whole fruits; unsweetened, raw, frozen Plant Point Serving= ¼ cup or more	
Nuts, Seeds, Dried Fruit: all nuts, seeds (flax, hemp, chia), all-natural nut butters [no sugar added], dried fruit [no added sugar] Plant Point Serving= 1 Tbsp or more	
Beans/Legumes: all beans and legumes Plant Point Serving= ¼ cup or more	Processed Foods:
Gluten-Free Grains: quinoa, rice, oats, millet, amaranth, buckwheat Plant Point Serving= ¼ cup or more	w/Gluten or Gluten-Free: chips, crackers, pasta, cookies, cereal, bread, most things in a box/bag or that will spoil after 5-6 days
Fats: do not count as plant points; Good options include: coconut, olive, flax & avocado oils; ghee, butter, olives	
Drinks: do not count as plant points; flat/sparkling water, herbal/green teas, kombucha, coffee w/unprocessed oat/nut milk (ie: homemade or Malk brand)	Alcohol: all beverages containing alcohol
Sweeteners: do not count as plant points; The only non-processed options are: raw honey and dates	Added Sugar: refined sugar, white/brown sugars, honey, maple syrup, agave, high-fructose corn syrup, evaporated cane juice, Splenda, Equal, Sweet N' Low, xylitol, Stevia

Play the Plant Point Challenge: Monday, January 3rd – Sunday, January 30th

Plant Point Guidelines:

- Tally one point for each serving of each plant you have per meal (use the Plant Point Tracker to keep track).

Wellness Points:

- Add **3 points**, per day, each time you do any of these wellness activities: Have NO (1) processed food, (2) added sugar, (3) dairy, (4) alcohol for the entire day; (5) Do 5-10min of meditation/breathing, (6) Get at least 7 hours of sleep; (7) Stop eating at 8pm; (8) Move for 20min

Play the Plant Point Challenge:

- Record your weekly total on the Studio Chart and collect a STAR!!!
- 98 Plant Points per week (10 per day) = Blue Star
- 140 Plant Points per week (18 per day) = Silver Star
- 196+ Plant Points per week (25 per day) = Gold Star
- **A Good Goal: 12 - 16 plant points per day and 9 Wellness points per day**