

EXALT GUT HEALTH GLOW UP CHALLENGE

Join the EXALT Gut Health Glow Up Challenge – your shortcut to smashing the 30-plants-a-week goal. Our drinks are packed with real, wholefoods (highlighted in green 🍀) to show just how much gut-loving goodness we're serving up. Let us know how you get on and share your progress with #GlowUpYourGut on Insta – and don't forget to tag @EXALT so we can cheer you on (and maybe even repost your plant-powered glory). You'll also be in with a chance to win a £10 gift card.



GRAINS

- ☐ Amaranth
- ☐ Barley
- ☐ **Brown Rice**
- ☐ Buckwheat
- ☐ Corn/popcorn
- ☐ Kamut
- ☐ Millet
- ☐ **Oats**
- ☐ Quinoa
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Teff
- ☐ Whole wheat
- ☐ Wild rice



FRUIT

- ☐ **Apple**
- ☐ Apricot
- ☐ Avocado
- ☐ **Banana**
- ☐ **Blackberries**
- ☐ **Blueberries**
- ☐ Cantaloupe
- ☐ **Cherries**
- ☐ Clementines
- ☐ **Cranberries**
- ☐ **Dates**
- ☐ Figs
- ☐ Grapefruit
- ☐ Grapes/raisins
- ☐ **Kiwi**
- ☐ **Lemon**
- ☐ **Lime**
- ☐ **Mango**
- ☐ Nectarine
- ☐ **Orange**
- ☐ Olives
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ **Pineapple**
- ☐ Plantain
- ☐ Plum/prunes
- ☐ **Pomegranate**
- ☐ **Raspberries**
- ☐ **Strawberries**
- ☐ Watermelon



VEGGIES

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ **Beetroot**
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ **Celery**
- ☐ Collard greens
- ☐ Cucumber
- ☐ Eggplant
- ☐ Fennel
- ☐ Green beans
- ☐ Jicama
- ☐ **Kale**
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onions
- ☐ Parsnips
- ☐ Peppers
- ☐ Pumpkin
- ☐ Radishes
- ☐ **Spinach**
- ☐ Squash
- ☐ Sweet potato
- ☐ Swiss chard
- ☐ Tomatoes
- ☐ Turnips
- ☐ Watercress
- ☐ White potato
- ☐ Zucchini



BEANS

- ☐ Black
- ☐ Butter beans
- ☐ Cannellini
- ☐ Fava
- ☐ Garbanzo
- ☐ Kidney
- ☐ Lentils
- ☐ Lima
- ☐ Lupini
- ☐ Navy
- ☐ **Peas**
- ☐ Pinto
- ☐ Soybeans

HERBS/SPICES

- ☐ **Basil**
- ☐ **Cayenne**
- ☐ Chives
- ☐ **Cinnamon**
- ☐ **Coca**
- ☐ **Cumin**
- ☐ Dill
- ☐ Garlic
- ☐ **Ginger**
- ☐ **Matcha**
- ☐ **Mint**
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ **Pepper**
- ☐ **Turmeric**

NUTS

- ☐ **Almonds**
- ☐ Brazil nuts
- ☐ **Cashews**
- ☐ Chia
- ☐ **Coconut**
- ☐ **Flaxseeds**
- ☐ **Hazlenuts**
- ☐ Hemp
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pili nuts
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Pumpkin
- ☐ Sesame
- ☐ Sunflower
- ☐ Walnuts

