



Vegetables Challenge: for your health, the planet, and your happiness

Why?

We all know it: eating vegetables is healthy. But what's much less known is that **variety in vegetables is essential for optimal health**. By eating many different types of vegetables, you provide your body with a wide range of nutrients: from vitamins and minerals to trace elements, proteins, fats, and carbohydrates. This way, you can even meet your protein needs without eating meat.



When was the last time you tried something new? Think back to your eating habits: how many different vegetables have you eaten in the past week? How often do you find yourself choosing the same ones?

More variety doesn't just mean more nutrients; it also leads to a healthier **microbiome** – the collection of microorganisms in your gut. That might sound a bit abstract, but these microbes play a crucial role in your health. They help you digest food, produce vitamins, protect against harmful invaders, and support your immune system. A diverse microbiome even contributes to a **more stable mood and emotional well-being**.



Did you know that a healthy gut flora can positively influence your mental health and resilience?

In addition, varying your vegetables is a wonderful way to make more conscious choices. By opting more often for local, seasonal, and lesser-known vegetables, you support sustainable farming, reduce your ecological footprint, and contribute to biodiversity. **A small change on your plate can make a big difference for the planet.**







How many vegetables do you know? There are *far* more vegetables than you think. From **forgotten vegetables to wild edible plants** like nettles or dandelions. Visit an organic farmer, market, or local harvest initiative and discover a world full of surprises!

What are we going to do?

With the **Vegetables Challenge**, we challenge you to eat more than **30 different types of vegetables per week within 4 weeks**.

For **€ 7.50**, you'll receive 4 weeks of guidance, inspiration, and practical tips to help you **integrate more vegetables into your daily life**. Through Signal, we'll support you with:

-  **Inspiring recipes**
-  **Tips for discovering new vegetables**
-  **Ideas for easily adding vegetables to every meal**
-  **Information about the nutritional value and sustainable impact of different vegetables**

How does it work?

We'll build it up gradually:

- ✿ **Week 1: 2 different vegetables on your plate each day**
- ✿ **Week 2: 3 different vegetables each day**
- ✿ **Week 3: 4 different vegetables each day**
- ✿ **Week 4: 5 different vegetables each day**

At the end of each week, you'll have achieved a great milestone:

Week 1: 14 different vegetables

Week 2: 21 different vegetables

Week 3: 28 different vegetables

Week 4: 35 different vegetables



Together, we'll work towards a way of eating that's not only good for your health but also contributes to a more sustainable world.



Let yourself be surprised by flavors you've never tried before. Discover that healthy eating is anything but boring.



Join us and discover how tasty, fun, and surprisingly versatile vegetables can be. Your gut, your health, and your taste buds will thank you!



Are you ready to challenge yourself? To give your microbiome, your health, and your taste buds a boost?

**👉 Sign up now and start your vegetable adventure.
Become the vegetable champion of your kitchen!**

