



Health Cover for the
CommBank Family



Supercharge your gut

Your 4-week guide
to better gut health





Let's increase plant-based foods in your diet

Do you eat 30 different plant foods each week? Your gut will thank you if you increase the variety, and we're here to inspire you. Each week we'll spotlight one plant food group, and give you recipes and ideas on how to **supercharge** your meals.

All you need to do is follow our lead, and see if you can add five different plant foods to your diet each week based on the plant focus of the week.

Eating 30 different plant-based foods each week helps improve the biodiversity of gut microbes, which is linked to a happier, healthier gut.

Reap the benefits of eating more plant foods:

- Improve overall health and immunity
- Reduce inflammation throughout the body
- Boost the 'feel-good' hormone serotonin and other neurotransmitters to support a healthy mind.



Tips to get started on the challenge

On the following page, tick the foods you would normally eat, see if this adds up to 30. If you're not there yet, try out these tips:

- Add mixed veggies or beans to your meals
- Swap meat with tofu, lentils, or beans a few times during the week
- Blend a variety of frozen fruit into a smoothie, or make a big fruit salad and portion out for snacks
- Try out a different wholegrain to add into salads and soups
- Incorporate your everyday foods that you regularly eat that aren't on the list

At the end of each week, you can check the food tracker to see if your plant food variety has increased

Food tracking guide

How many plant foods do you normally eat in a week?

Vegetables

- ☐ Alfalfa sprouts
- ☐ Artichoke
- ☐ Arugula (rocket)
- ☐ Asparagus
- ☐ Bamboo shoots/bamboo sprouts
- ☐ Beetroot
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussel sprouts
- ☐ Bok choy
- ☐ Cabbage
- ☐ Capsicum
- ☐ Cucumber
- ☐ Chives
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn

Total

- ☐ Eggplant (aubergine)
- ☐ Green onion (spring onion)
- ☐ Jalapeño
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushroom
- ☐ Nori (seaweed)
- ☐ Okra
- ☐ Onions
- ☐ Olives
- ☐ Parsnips
- ☐ Peas
- ☐ Potato
- ☐ Pumpkin
- ☐ Radish
- ☐ Rainbow chard
- ☐ Shallots
- ☐ Spinach

- ☐ Squash
- ☐ Turnip
- ☐ Water chestnut
- ☐ Watercress
- ☐ Zucchini

Nuts and seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Chia seeds
- ☐ Coconut
- ☐ Flax seeds
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts
- ☐ Cashew nuts

Total

Legumes and tofu

- ☐ Borlotti beans
- ☐ Black beans
- ☐ Butter beans/Lima beans
- ☐ Chickpeas
- ☐ Fava beans (broad beans)
- ☐ Kidney beans
- ☐ Lentils
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Soybeans/edamame
- ☐ Tofu/tempeh

Total



Grains

- ☐ Amaranth
- ☐ Arrowroot
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgur
- ☐ Barley
- ☐ Chicory root
- ☐ Freekeh
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Wheat

Total

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blueberry
- ☐ Blackberry
- ☐ Cranberry
- ☐ Cherry
- ☐ Date
- ☐ Dragon fruit
- ☐ Fig
- ☐ Grapefruit
- ☐ Grapes
- ☐ Guava
- ☐ Jackfruit
- ☐ Kiwifruit
- ☐ Kumquat
- ☐ Lemon

Total

- ☐ Loquat
- ☐ Lychee
- ☐ Mandarin
- ☐ Mango
- ☐ Mangosteen
- ☐ Melon (rock/honey)
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Passionfruit
- ☐ Peach
- ☐ Pear
- ☐ Persimmon
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomato
- ☐ Watermelon

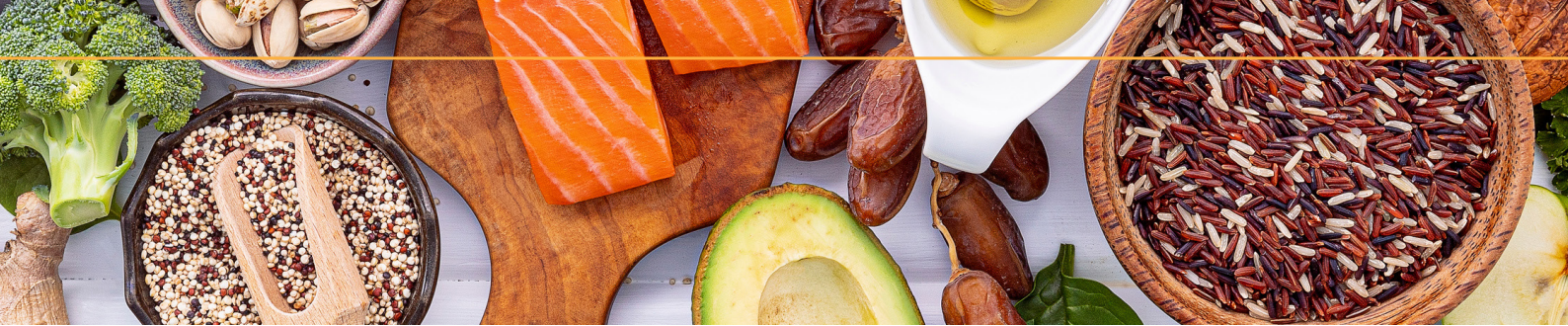
Herbs and spices

- ☐ Basil
- ☐ Chilli
- ☐ Coriander/cilantro
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Parsley
- ☐ Rosemary

Total

Grand total





Inspo

Week 1: wholegrains

Get your five wholegrains from a variety of different meals this week



Apple pie overnight oats



Crispy tofu & quinoa salad



Spelt banana bread



Brown rice congee



Food tracking guide

How many plant foods have you included this week?

Vegetables

- ☐ Alfalfa sprouts
- ☐ Artichoke
- ☐ Arugula (rocket)
- ☐ Asparagus
- ☐ Bamboo shoots/bamboo sprouts
- ☐ Beetroot
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussel sprouts
- ☐ Bok choy
- ☐ Cabbage
- ☐ Capsicum
- ☐ Cucumber
- ☐ Chives
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn

Total

- ☐ Eggplant (aubergine)
- ☐ Green onion (spring onion)
- ☐ Jalapeño
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushroom
- ☐ Nori (seaweed)
- ☐ Okra
- ☐ Onions
- ☐ Olives
- ☐ Parsnips
- ☐ Peas
- ☐ Potato
- ☐ Pumpkin
- ☐ Radish
- ☐ Rainbow chard
- ☐ Shallots
- ☐ Spinach

- ☐ Squash
- ☐ Turnip
- ☐ Water chestnut
- ☐ Watercress
- ☐ Zucchini

Nuts and seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Chia seeds
- ☐ Coconut
- ☐ Flax seeds
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts
- ☐ Cashew nuts

Total

Legumes and tofu

- ☐ Borlotti beans
- ☐ Black beans
- ☐ Butter beans/Lima beans
- ☐ Chickpeas
- ☐ Fava beans (broad beans)
- ☐ Kidney beans
- ☐ Lentils
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Soybeans/edamame
- ☐ Tofu/tempeh

Total



Grains

- ☐ Amaranth
- ☐ Arrowroot
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgur
- ☐ Barley
- ☐ Chicory root
- ☐ Freekeh
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Wheat

Total

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blueberry
- ☐ Blackberry
- ☐ Cranberry
- ☐ Cherry
- ☐ Date
- ☐ Dragon fruit
- ☐ Fig
- ☐ Grapefruit
- ☐ Grapes
- ☐ Guava
- ☐ Jackfruit
- ☐ Kiwifruit
- ☐ Kumquat
- ☐ Lemon

Total

- ☐ Loquat
- ☐ Lychee
- ☐ Mandarin
- ☐ Mango
- ☐ Mangosteen
- ☐ Melon (rock/honey)
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Passionfruit
- ☐ Peach
- ☐ Pear
- ☐ Persimmon
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomato
- ☐ Watermelon

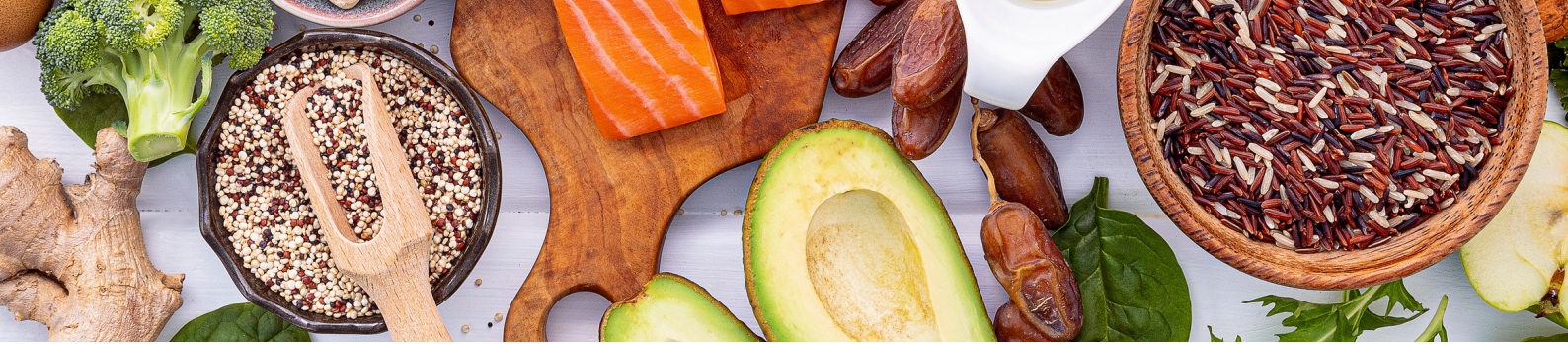
Herbs and spices

- ☐ Basil
- ☐ Chilli
- ☐ Coriander/cilantro
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Parsley
- ☐ Rosemary

Total

Grand total





Inspo

Week 2: fruit & veg

Get your fruit and veg from a variety of different meals this week



Mixed berry chia pudding



Brussels sprout soup



Beetroot dip



Double-choc zucchini muffins



Food tracking guide

How many plant foods have you included this week?

Vegetables

- ☐ Alfalfa sprouts
- ☐ Artichoke
- ☐ Arugula (rocket)
- ☐ Asparagus
- ☐ Bamboo shoots/bamboo sprouts
- ☐ Beetroot
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussel sprouts
- ☐ Bok choy
- ☐ Cabbage
- ☐ Capsicum
- ☐ Cucumber
- ☐ Chives
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn

Total

- ☐ Eggplant (aubergine)
- ☐ Green onion (spring onion)
- ☐ Jalapeño
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushroom
- ☐ Nori (seaweed)
- ☐ Okra
- ☐ Onions
- ☐ Olives
- ☐ Parsnips
- ☐ Peas
- ☐ Potato
- ☐ Pumpkin
- ☐ Radish
- ☐ Rainbow chard
- ☐ Shallots
- ☐ Spinach

- ☐ Squash
- ☐ Turnip
- ☐ Water chestnut
- ☐ Watercress
- ☐ Zucchini

Nuts and seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Chia seeds
- ☐ Coconut
- ☐ Flax seeds
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts
- ☐ Cashew nuts

Total

Legumes and tofu

- ☐ Borlotti beans
- ☐ Black beans
- ☐ Butter beans/Lima beans
- ☐ Chickpeas
- ☐ Fava beans (broad beans)
- ☐ Kidney beans
- ☐ Lentils
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Soybeans/edamame
- ☐ Tofu/tempeh

Total



Grains

- ☐ Amaranth
- ☐ Arrowroot
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgur
- ☐ Barley
- ☐ Chicory root
- ☐ Freekeh
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Wheat

Total

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blueberry
- ☐ Blackberry
- ☐ Cranberry
- ☐ Cherry
- ☐ Date
- ☐ Dragon fruit
- ☐ Fig
- ☐ Grapefruit
- ☐ Grapes
- ☐ Guava
- ☐ Jackfruit
- ☐ Kiwifruit
- ☐ Kumquat
- ☐ Lemon

Total

- ☐ Loquat
- ☐ Lychee
- ☐ Mandarin
- ☐ Mango
- ☐ Mangosteen
- ☐ Melon (rock/honey)
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Passionfruit
- ☐ Peach
- ☐ Pear
- ☐ Persimmon
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomato
- ☐ Watermelon

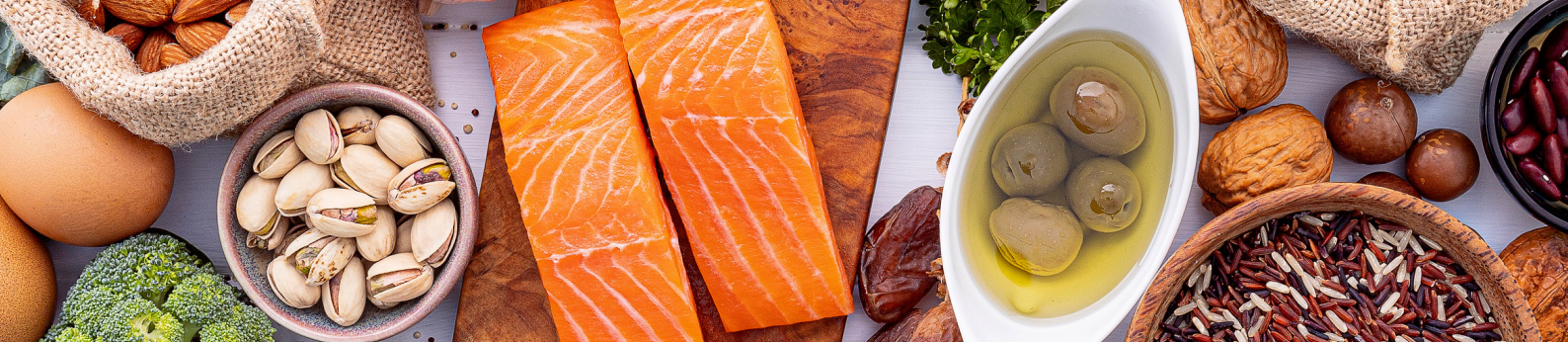
Herbs and spices

- ☐ Basil
- ☐ Chilli
- ☐ Coriander/cilantro
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Parsley
- ☐ Rosemary

Total

Grand total





Week 3: legumes

Get your five legumes from a variety of different meals this week

Inspo



Homemade baked beans



Lentil vegetable soup



Pine nut hummus



Black bean brownies



Food tracking guide

How many plant foods have you included this week?

Vegetables

- ☐ Alfalfa sprouts
- ☐ Artichoke
- ☐ Arugula (rocket)
- ☐ Asparagus
- ☐ Bamboo shoots/bamboo sprouts
- ☐ Beetroot
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussel sprouts
- ☐ Bok choy
- ☐ Cabbage
- ☐ Capsicum
- ☐ Cucumber
- ☐ Chives
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn

Total

- ☐ Eggplant (aubergine)
- ☐ Green onion (spring onion)
- ☐ Jalapeño
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushroom
- ☐ Nori (seaweed)
- ☐ Okra
- ☐ Onions
- ☐ Olives
- ☐ Parsnips
- ☐ Peas
- ☐ Potato
- ☐ Pumpkin
- ☐ Radish
- ☐ Rainbow chard
- ☐ Shallots
- ☐ Spinach

- ☐ Squash
- ☐ Turnip
- ☐ Water chestnut
- ☐ Watercress
- ☐ Zucchini

Nuts and seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Chia seeds
- ☐ Coconut
- ☐ Flax seeds
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts
- ☐ Cashew nuts

Total

Legumes and tofu

- ☐ Borlotti beans
- ☐ Black beans
- ☐ Butter beans/Lima beans
- ☐ Chickpeas
- ☐ Fava beans (broad beans)
- ☐ Kidney beans
- ☐ Lentils
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Soybeans/edamame
- ☐ Tofu/tempeh

Total



Grains

- ☐ Amaranth
- ☐ Arrowroot
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgur
- ☐ Barley
- ☐ Chicory root
- ☐ Freekeh
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Wheat

Total

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blueberry
- ☐ Blackberry
- ☐ Cranberry
- ☐ Cherry
- ☐ Date
- ☐ Dragon fruit
- ☐ Fig
- ☐ Grapefruit
- ☐ Grapes
- ☐ Guava
- ☐ Jackfruit
- ☐ Kiwifruit
- ☐ Kumquat
- ☐ Lemon

Total

- ☐ Loquat
- ☐ Lychee
- ☐ Mandarin
- ☐ Mango
- ☐ Mangosteen
- ☐ Melon (rock/honey)
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Passionfruit
- ☐ Peach
- ☐ Pear
- ☐ Persimmon
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomato
- ☐ Watermelon

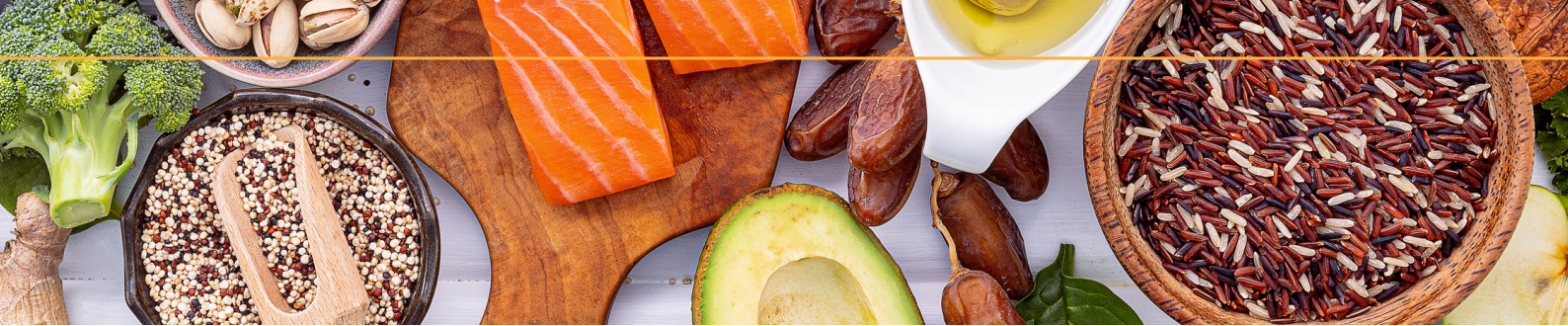
Herbs and spices

- ☐ Basil
- ☐ Chilli
- ☐ Coriander/cilantro
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Parsley
- ☐ Rosemary

Total

Grand total





Inspira

Week 4: nuts & seeds

Get your five nuts and seeds from a variety of different meals this week



Low-carb pad Thai



Chicken & almond tray bake



Chocolate protein bliss balls



Vitality crunch granola



Food tracking guide

How many plant foods have you included this week?

Vegetables

- ☐ Alfalfa sprouts
- ☐ Artichoke
- ☐ Arugula (rocket)
- ☐ Asparagus
- ☐ Bamboo shoots/bamboo sprouts
- ☐ Beetroot
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussel sprouts
- ☐ Bok choy
- ☐ Cabbage
- ☐ Capsicum
- ☐ Cucumber
- ☐ Chives
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn

Total

- ☐ Eggplant (aubergine)
- ☐ Green onion (spring onion)
- ☐ Jalapeño
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushroom
- ☐ Nori (seaweed)
- ☐ Okra
- ☐ Onions
- ☐ Olives
- ☐ Parsnips
- ☐ Peas
- ☐ Potato
- ☐ Pumpkin
- ☐ Radish
- ☐ Rainbow chard
- ☐ Shallots
- ☐ Spinach

- ☐ Squash
- ☐ Turnip
- ☐ Water chestnut
- ☐ Watercress
- ☐ Zucchini

Nuts and seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Chia seeds
- ☐ Coconut
- ☐ Flax seeds
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts
- ☐ Cashew nuts

Total

Legumes and tofu

- ☐ Borlotti beans
- ☐ Black beans
- ☐ Butter beans/Lima beans
- ☐ Chickpeas
- ☐ Fava beans (broad beans)
- ☐ Kidney beans
- ☐ Lentils
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Soybeans/edamame
- ☐ Tofu/tempeh

Total



Grains

- ☐ Amaranth
- ☐ Arrowroot
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgur
- ☐ Barley
- ☐ Chicory root
- ☐ Freekeh
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Wheat

Total

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blueberry
- ☐ Blackberry
- ☐ Cranberry
- ☐ Cherry
- ☐ Date
- ☐ Dragon fruit
- ☐ Fig
- ☐ Grapefruit
- ☐ Grapes
- ☐ Guava
- ☐ Jackfruit
- ☐ Kiwifruit
- ☐ Kumquat
- ☐ Lemon

Total

- ☐ Loquat
- ☐ Lychee
- ☐ Mandarin
- ☐ Mango
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- ☐ Melon (rock/honey)
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Passionfruit
- ☐ Peach
- ☐ Pear
- ☐ Persimmon
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomato
- ☐ Watermelon

Herbs and spices

- ☐ Basil
- ☐ Chilli
- ☐ Coriander/cilantro
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Parsley
- ☐ Rosemary

Total

Grand total

