

Northwest Permanente Wellness Passport Guidelines

July - September 2019

Nutritional: 21-Day Plant Power Challenge

21-Day Plant Power Challenge

Beginning August 1, employees are encouraged to jump start their health by joining colleagues for a 21-Day Plant Power Challenge

2 challenge choices

1. Eat 100% plant-based meals for 21-Days.

OR

2. Eat 1 plant-based meal per day for 21-Days.

The Plant Power Challenge is open to people of all dietary disciplines, from those ditching animal products for the first time to vegans who are looking to minimize their consumption of added sugars, oils, and processed foods.

This means eliminating not only meat, but eggs, dairy and all other foods that come from animals. A plant-based diet consists of vegetables, fruits, whole grains, nuts, seeds and legumes (beans, lentils and peas) with little-to-no processing. Click the button for a helpful plant-based handbook.

Plant Based Diet
Handbook

To fulfill this passport item, click the button below and press 'Send' to join the Plant Power Challenge

Register for 21-Day Plant
Power Challenge

Please submit all documentation to NWP Wellness, KPB 16
or e-mail: nwpwellness@kp.org