











free printable!

eat your way across the globe



thirty-day challenge!



<p>one buy and cook with za'atar</p> 	<p>two eat something with feta</p> 	<p>three find a kimchi recipe and try it</p> 	<p>four replace your morning toast with German rye</p> 	<p>five go to the Indian restaurant</p> 
<p>six make a food travel map!</p> 	<p>seven add coconut milk to your porridge</p> 	<p>eight make your own pizza dough</p> 	<p>nine have a stack of fluffy pancakes</p> 	<p>ten make a French cheese board</p> 
<p>eleven make a mezze board</p> 	<p>twelve snack on biltong</p> 	<p>thirteen pickle some beets and turnips</p> 	<p>fourteen take a spin on paella</p> 	<p>fifteen have a world wine tasting night</p> 
<p>sixteen grow a chilli plant</p> 	<p>seventeen make something sweet+sour!</p> 	<p>eighteen cure something</p> 	<p>nineteen have a matcha tea</p> 	<p>twenty sprout and grow an avocado tree</p> 
<p>twenty-one eat smoked fish</p> 	<p>twenty-two cook some plantains</p> 	<p>twenty-three make some cinnamon buns</p> 	<p>twenty-four make fish and chips</p> 	<p>twenty-five take a spin on rice and beans</p> 
<p>twenty-six cook with ras el hanout</p> 	<p>twenty-seven make a thai curry</p> 	<p>twenty-eight try a columbian coffee roast</p> 	<p>twenty-nine make a fresh ceviche</p> 	<p>thirty throw a burrito party!</p>  