



# 14 Day California Walnut Pledge Tracker

Share your California Walnut Pledge journey with us using **#WalnutPledge** and inspire others to make this simple change for better health.

Each day, tick off your California Walnuts intake, explore a new way to enjoy them, and learn a health benefit. **Remember: 30g = a handful = 12 to 14 walnut halves** - easy to add, easy to stick to.

## Snack smart

## Feeling Adventurous?

## Walnut Wisdom

## Health Takeaways



DAY 1

**Add** California Walnuts to your morning yogurt and berries



**California Walnut & Berry Salad**  
[Recipe link](#)

Maximize California Walnuts fresh taste and quality by keeping them in your fridge or freezer

A walnut-rich breakfast may help to boost your brain power  
[Reference link](#)

Today I've had my 30g  
**#HealthyHandful**

DAY 2

**Blend** California Walnuts into a breakfast smoothie with banana



**Breakfast Ham and California Walnut Bagels**  
[Recipe link](#)

Use an airtight container to protect California Walnuts from absorbing odours from other foods

Omega-3 ALA in walnuts helps maintain normal cholesterol levels  
[Reference link](#)

Today I've had my 30g  
**#HealthyHandful**

DAY 3

**Pair** California Walnuts with strawberries for a great snack to support skin, hair, and nails



**Air Fried California Walnut Granola**  
[Recipe link](#)

Chop or crush California Walnuts only when ready to eat for peak crunch and taste

30g of walnuts provide protein (4.4g) and fibre (1.4g) to help keep you fuller longer  
[Reference link](#)

Today I've had my 30g  
**#HealthyHandful**

DAY 4

**Sprinkle** chopped California Walnuts over your salad at lunch



**California Walnut Tabbouleh Stuffed Peppers**  
[Recipe link](#)

Freeze California Walnuts if storing long term. They thaw quickly!

Antioxidants in walnuts fight oxidative stress and support cell health  
[Reference link](#)

Today I've had my 30g  
**#HealthyHandful**

DAY 5

**Roast** California Walnuts and mix with coconut for a sweet afternoon snack



**Coconut California Walnut Bars**  
[Recipe link](#)

Roast California Walnuts at 180°C for 8–10 min to bring out a richer flavour

Regular walnut intake supports brain health and cognitive performance  
[Reference link](#)

Today I've had my 30g  
**#HealthyHandful**

DAY  
6

**Create** a DIY trail mix with California Walnuts and dried fruit



**California Walnut Tropical Trail Mix**

[Recipe link](#)

Add spices like paprika or maple syrup to California Walnuts for toasty/airfry snack variations

Walnuts support gut health by increasing beneficial gut bacteria

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
7

**Top** your avocado toast with crushed California Walnuts.



**Cheese, California Walnut & Hot Honey Monkey Bread**

[Recipe link](#)

California Walnuts are versatile so you can add to savoury and sweet dishes alike

Walnuts may reduce risk of cardiovascular disease by improving cholesterol

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
8

**Add** California Walnuts to a grain bowl or stir into warm couscous



**California Walnut Muhammara**

[Recipe link](#)

Use California Walnuts as a meat alternative by blending into burger or pasta fillings

Walnuts may support healthier aging and memory through brain-nourishing nutrients

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
9

**Snack** on California Walnuts with a few cubes of cheese and wholegrain crackers



**California Walnut & Parmesan Biscuits**

[Recipe link](#)

Keep a small serving of California Walnuts in your bag for healthy snacking on the go

Walnuts can contribute to satiety, helping with weight management

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
10

**Add** California Walnuts to a muffin or pancake batter for a morning energy boost



**Cinnamon Chelsea Buns with California Walnuts**

[Recipe link](#)

California Walnuts work well in baked goods but roast first for added depth

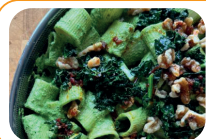
Walnuts may reduce inflammation and support vascular function

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
11

**Toss** California Walnuts into a chickpea or lentil salad



**California Walnut, Cavolo Nero & Kale Pasta**

[Recipe link](#)

Pair California Walnuts with legumes for a plant-based protein boost like chickpeas, lentils, kidney beans

Regular consumption of walnuts is linked to lower type 2 diabetes risk

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
12

**Combine** California Walnuts with a couple squares of dark chocolate



**Chocolate & California Walnut Truffles**

[Recipe link](#)

Enjoy California Walnuts as a mindful evening snack before bedtime

Walnuts are rich in essential minerals like copper, magnesium, and phosphorus

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
13

**Use** California Walnuts as a crunchy topping on soups or vegetable dishes



**Hidden Vegetable & California Walnut Soup**

[Recipe link](#)

Roast California Walnuts before adding to warm dishes for best texture

Walnuts are rich in plant-based omega-3 ALA (2.7g per 30g), supporting heart and brain health

[Reference link](#)

Today I've had my 30g  
#HealthyHandful

DAY  
14

**Enjoy** California Walnuts plain or with a few dried apricots for a high-fibre snack, rich in iron



**Smoked Spice California Walnuts**

[Recipe link](#)

Stay consistent - make California Walnuts part of your daily routine

A daily handful of Walnuts contributes to overall better health

[Reference link](#)

Today I've had my 30g  
#HealthyHandful