Eating30

Week of _____

30 Plants a Week List

Check off each different plant the first time you eat it this week. Fresh, frozen, canned and dried all count.

PRODUCE: VEGETABLES

- [ ] Tomatoes
- [ ] Carrots
- [ ] Onions
- [ ] Garlic
- [ ] Bell peppers
- [ ] Cucumber
- [ ] Spinach
- [ ] Broccoli
- [ ] Cauliflower
- [ ] Kale
- [ ] Zucchini
- [ ] Sweet potatoes
- [ ] Potatoes
- [ ] Celery
- [ ] Mushrooms
- [ ] Lettuce

PRODUCE: FRUIT

- [ ] Apples
- [ ] Bananas
- [ ] Oranges
- [ ] Grapes
- [ ] Strawberries
- [ ] Blueberries
- [ ] Lemons
- [ ] Limes
- [ ] Avocados
- [ ] Pears
- [ ] Kiwis
- [ ] Mangoes

FROZEN

- [ ] Mixed berries
- [ ] Peas
- [ ] Corn
- [ ] Edamame
- [ ] Stir-fry mix (each plant counts)
- [ ] Spinach

CANNED AND DRIED

- [ ] Black beans
- [ ] Chickpeas (garbanzos)
- [ ] Kidney beans
- [ ] Pinto beans
- [ ] Lentils
- [ ] Olives
- [ ] Raisins

GRAINS

- [ ] Oats
- [ ] Brown rice
- [ ] Quinoa
- [ ] Whole wheat bread or pasta
- [ ] Popcorn
- [ ] Barley

NUTS AND SEEDS

- [ ] Almonds
- [ ] Walnuts
- [ ] Peanuts or peanut butter
- [ ] Pecans
- [ ] Sunflower seeds
- [ ] Pumpkin seeds
- [ ] Chia seeds
- [ ] Flaxseed

HERBS AND SPICES

- [ ] Cilantro
- [ ] Basil
- [ ] Parsley
- [ ] Cinnamon
- [ ] Cumin
- [ ] Paprika
- [ ] Black pepper
- [ ] Chili powder
- [ ] Oregano
- [ ] Ginger
- [ ] Turmeric
- [ ] Garlic powder

Counting plant points? Herbs and spices score ¼ each.

OTHER PLANTS I ATE

_____

_____

_____

_____

Easy ways to add plants

- Buy one mix instead of one vegetable: a stir-fry bag or a three-bean can adds several plants at once.
- Top oatmeal or yogurt with a seed mix and berries.
- Add a can of beans to soup, chili or pasta sauce.
- Season with one new herb or spice a week.

My total this week

_____ / 30

Count your plants for the week with Eating30 for iPhone and Android: **risio.us/e30**

Eating30

4-Week Plant Tracker

Write one new plant in each box. The same plant again that week still counts once.

Week of _____ **Total** _____ **/ 30**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Week of _____ **Total** _____ **/ 30**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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Week of _____ **Total** _____ **/ 30**

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