Fall in Love with Plant Foods

MAKE A LIST OF YOUR CURRENT PLANT FOOD INTAKE

Write a list of all the different plant foods you typically eat in a week. Include every type of vegetable, fruit, beans, grains, seeds, nuts, oats, herbs, etc. Count the list to total the number. Then watch the module to learn more!

Weekly Total _____

WEEKLY TRACKER

After watching the modules, make a new list to include the plant foods you have each day. Then total them for the week. Reprint this page so each week you continue to reach your goal with new plant foods.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Weekly Total _____












MY GOAL

I increased my plant foods to reach 30 different plant foods each week.

☐ yes! I did it!

☐ next week I will definitely nail this goal!