30 Plants a Week

A weekly record of different plant foods.



WHY IT HELPS

See the variety already present in your meals. Record each different food once, keep the food groups visible and save a short list of ideas for another week.

HOW TO USE IT

List	Write each different plant food once.
Group	Compare the food groups in your record.
Review	Keep the total and a few next ideas.

INSIDE

2	Example: Ellen's weekly variety
3	My weekly food list
4	Meals and next ideas
5	Weekly variety review

Repeated foods can appear in meal notes, but keep one entry per distinct food in the weekly list.

Example: Ellen's weekly variety

Week and counting approach

Week of April 6. Each named food goes on the list once, even when eaten on several days.

Vegetables and fruit

Carrot, spinach, onion, tomato. Apple, orange, pear.

Whole grains and legumes

Oats, brown rice, barley. Lentils, chickpeas.

Nuts, seeds, herbs and spices

Almonds, pumpkin seeds. Parsley.

Group totals and next ideas

Total 15: vegetables 4, fruit 3, whole grains 3, legumes 2, nuts or seeds 2, one herb. Next ideas: a barley salad and lentil soup.

My weekly food list

Week and counting notes

Write the week at the top of the list. Give each different plant food one entry. Categories: vegetables, fruit, whole grains, legumes, nuts and seeds, herbs and spices.

Week of: My counting approach:

Food / group	First day or meal	Food / group	First day or meal

Meals and next ideas

Daily food notes

Day / date	Meal and plant foods	Already listed / new entry

Foods or meal ideas for another week

Weekly variety review

Group totals

Vegetables	Fruit	Whole grains	Legumes	Nuts / seeds	Herbs / spices

My weekly history

Week of	Different foods	What helped / next idea

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.