

30 Plants a Week Checklist

Week of _____

Tick each different plant the first time you eat it this week. Fresh, frozen, tinned and dried all count.

VEGETABLES

- ☐ Tomato
- ☐ Carrot
- ☐ Onion
- ☐ Garlic
- ☐ Bell pepper
- ☐ Cucumber
- ☐ Spinach
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Kale
- ☐ Cabbage
- ☐ Lettuce
- ☐ Courgette (zucchini)
- ☐ Aubergine (eggplant)
- ☐ Leek
- ☐ Beetroot
- ☐ Sweet potato
- ☐ Potato
- ☐ Celery
- ☐ Green beans
- ☐ Sweetcorn
- ☐ Butternut squash
- ☐ Rocket (arugula)
- ☐ Brussels sprouts
- ☐ Radish
- ☐ Asparagus
- ☐ Spring onion
- ☐ Fennel
- ☐ Parsnip
- ☐ Chilli

FRUIT

- ☐ Apple
- ☐ Banana
- ☐ Orange
- ☐ Pear
- ☐ Grapes
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Lemon
- ☐ Lime
- ☐ Kiwi
- ☐ Mango
- ☐ Pineapple
- ☐ Plum
- ☐ Cherries
- ☐ Peach
- ☐ Avocado
- ☐ Pomegranate
- ☐ Dates
- ☐ Olives

WHOLEGRAINS

- ☐ Oats
- ☐ Brown rice
- ☐ Wholewheat
- ☐ Rye
- ☐ Barley
- ☐ Quinoa
- ☐ Buckwheat
- ☐ Spelt
- ☐ Millet

BEANS AND LENTILS

- ☐ Lentils
- ☐ Chickpeas
- ☐ Black beans
- ☐ Kidney beans
- ☐ Cannellini beans
- ☐ Butter beans
- ☐ Borlotti beans
- ☐ Edamame
- ☐ Soya (tofu, tempeh)
- ☐ Peas
- ☐ Split peas
- ☐ Mung beans

NUTS AND SEEDS

- ☐ Almonds
- ☐ Walnuts
- ☐ Hazelnuts
- ☐ Cashews
- ☐ Pistachios
- ☐ Peanuts
- ☐ Brazil nuts
- ☐ Pecans
- ☐ Sunflower seeds
- ☐ Pumpkin seeds
- ☐ Flaxseed (linseed)
- ☐ Chia seeds
- ☐ Sesame seeds
- ☐ Hemp seeds

HERBS AND SPICES

- ☐ Basil
- ☐ Parsley
- ☐ Coriander (cilantro)
- ☐ Mint
- ☐ Rosemary
- ☐ Thyme
- ☐ Oregano
- ☐ Dill
- ☐ Chives
- ☐ Ginger
- ☐ Turmeric
- ☐ Cinnamon
- ☐ Black pepper
- ☐ Paprika
- ☐ Cumin
- ☐ Nutmeg

MUSHROOMS

- ☐ Button mushrooms
- ☐ Chestnut mushrooms
- ☐ Shiitake
- ☐ Oyster mushrooms

Extras I ate this week

My total this week

_____ / 30

Herbs and spices count too. Counting plant points? Score them as ¼ each.

My 30 plants this week

Week of _____

Write each new plant on a line. Same plant again this week? It still counts once.

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